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ON THE COVER & THIS PAGE:

Dolph Lundgren
Photographs by Per Bernal

HE CAN STILL BREAK YOU
Lundgren holds a third-degree black belt and is a former Euro karate champion.




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ARNOLD'S LETTER



BROTHERS IN IRON One of Arnold's greatest thrills was not only getting to meet Reg Park but also compete against him.

Find your hero

Choose a role model to emulate in both physique and character

Q: I don't know who to trust for training these days. Who should I learn from?

—ELI F

A: THERE ARE MANY great resources for fitness information, including this magazine, but I understand what you mean. With so many voices, which do you listen to? That's why I believe finding a role model is the best way to get on the right path and stay there. Reg Park was mine. A dominant bodybuilding champion in the 1950s, he had the massive, Herculean look I wanted for myself, so I trained the way Reg did. He had also made the transition to movie star and businessman. In the end, by studying how he accomplished his goals, I found the blueprint for my own success.

Select a role model who looks the way you want to look but shares some genetic similarities. If you're naturally very thin, don't choose someone like Franco Columbu to emulate when Frank Zane's approach would probably suit you better. This way, your role model provides the inspiration and practical know-how to achieve fitness goals that are attainable for you as an individual.

But beyond what a role model can do for your body, consider how he will inspire your mind and spirit. Apart from his other accomplishments, Reg Park was a great humanitarian. He made me want to be more than just rich and famous, but to give back to the world, which is my main mission now. He's still my hero, and always will be.

Yours in iron,



Arnold Schwarzenegger

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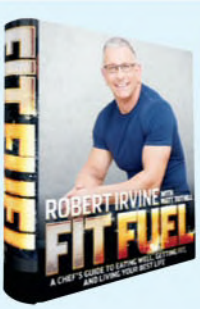
The ageless Tom Cruise is back as Ethan Hunt, whose team goes toe to toe with the Syndicate, assassins dead set on wiping out the Impossible Missions Force.
Releases August 6



WEAR

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There's a reason Dwayne "The Rock" Johnson has worn Roots of Fight T-shirts in every training photo during the past few years: The brand virtually defines high-quality cool, paying homage to history's most revered fighters in the process. This new Cassius Clay jacket looks as good for warm-ups as it does for a night out.
rootsoffight.com



READ

FIT FUEL

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Mark of a winner

MARK WAHLBERG isn't just one of the hardest-working men in showbiz, he's one of the fittest. Here's how he stays camera-ready year-round.



MARK WAHLBERG'S WORKOUT

The following workout is sampled from the strength phase of Mark Wahlberg's training program, performed in preparation for *Transformers: Age of Extinction*. This workout is done after a full-body warm-up and core workout.

Program provided by Brian Nguyen of BRIK Fitness. (***brikfitness.com***)

DIRECTIONS: Perform exercises marked with letters as a circuit.

EXERCISE	SETS	REPS
1A) **Chin-up**	3	3-6
1B) **DB incline press**[1]	3	5
1C) **TRX figure-4 stretch**[2]	2-3	30 sec. ea.
2A) **KB threaded lunge**[3]	3	8 ea.
2B) **TRX atomic push-up**[4]	3	8
2C) **TRX inverted row**	3	12
2D) **TRX SHELC**[5]	3	8
3) **Hanging straight leg raise**	2-3	8-10

1 Perform 5 reps on each set, then take the third and final set to failure.
2 Hold onto the handles of a TRX, stand on one leg, cross your free leg over your opposite knee. Squat low.
3 Pass the kettlebell underneath your front leg as you lunge.
4 Get into a push-up position with both feet in the cradles of a TRX. Perform a push-up, moving into a pike position with your hips pointed to the ceiling at the top of the push-up.
5 SHELC is an acronym for Supine Hip Extension Leg Curl. Lie on your back with both heels in the cradles of a TRX. Extend your hips and raise your body off the floor, keeping your shoulders on the ground. Curl your feet towards your butt.



HE'S THE STAR OF FOUR movies this year, including two recent releases: ***Entourage*** and ***Ted 2***. In other words, it's just a normal year for Mark Wahlberg. But the only thing the prolific actor, producer and *M&F* cover guy takes as seriously as his craft is his training. Previously, we documented Wahlberg's road to getting as big as possible for *Pain & Gain*. To maintain a leaner, but still muscular physique, Wahlberg's training has since evolved, incorporating more body weight and suspension trainer work. That's not to say his training sessions are easier these days. (See box at left.) By keeping rest periods around 30 seconds between sets, Wahlberg maintains a high intensity to get a solid pump while burning fat.

PREVIOUS PAGE: ANDREW COOPER/©PARAMOUNT PICTURES/EVERETT COLLECTION. THIS PAGE: UNIVERSAL PICTURES (3)



HIGH RISK Chris Sharma during the first ascent of El Bon Combat at Cova de Ocell, Spain. The route is one of the world's toughest.

Because it's there

CHRIS SHARMA is always searching for the next "impossible" route. BY MARK BARROSO

SPORT CLIMBER Chris Sharma recently became the first man ever to ascend Spain's El Bon Combat, one of the toughest rock routes in the world. Sharma, 33, has been rock climbing since age 14 and is known for establishing the most difficult routes in bouldering (no rope) and sport climbing (fixed anchors). But El Bon Combat isn't even the hardest route Sharma's done. That honour goes to La Dura Dura also in Spain, a deadly, almost vertical 50 metre climb.

To train for steep routes, Sharma has developed otherworldly pull-up proficiency; he can do an unbroken set of 15 with one hand and a full 100 if you let him use both hands.

Nevertheless, he's experienced his share of close calls.

"I tore my ACL climbing a high boulder that I fell off," says Sharma. "Another time, I was so excited looking at a climb that I got out of the car, slipped on loose rock and tumbled six metres down."

For beginners, Sharma suggests learning basic skills at a climbing gym, then finding a partner and enjoying the great outdoors.

RICARDO GIANCOLA

ABOUT THE DOCTOR
Dr Victor Prisk is an orthopaedic surgeon, former gymnast and GNC medical advisory board member.



Running flat

Shin splints can range from annoying to totally debilitating. Here's how to make sure they never leave you sidelined.

BY DR VICTOR PRISK



ICE IT UP
As soon as you feel pain, begin icing your shins. If you can weaken the inflammatory response, therapy is easier.

I HAVE PERSONALLY experienced the excruciating pain of shin splints, starting back in high school. A dull aching pain along the medial lower leg that initially arose towards the end of runs eventually gave way to shin pain that made it nearly impossible to even start a run. On some days, I could barely walk after getting up in the morning.

"Shin splints" is not really a technical medical term. It generally refers to pain at the middle to distal third of the shin on the inner (medial) part of the lower leg (tibia). Shin splints are typically the chronic condition called medial tibial stress syndrome (MTSS).

Just like a stress fracture, MTSS can occur from the "terrible toos" – too much, too soon and too often. Foot shape, muscle weakness, overly tight musculature and low bone density can further increase your risk. So when training on hard surfaces without cushioning, all the stress on your foot is translated onto your shins, tendons and muscles. The combination of a hard surface, lack of cushioning and lack of arch support is the most common cause of shin splints.

When afflicted with MTSS it's important to take a step back from your training and determine if you're stuck in the terrible toos. You may need to take some active rest with cross-training (for example, swimming, cycling, yoga, weights) until your pain with everyday walking subsides. We can all use a little work on our core, flexibility and balance.

And reevaluate your shoes. If you're dealing with MTSS, I would focus on a stability shoe with good support and heel cushioning. You can always add an over-the-counter or custom orthotic for a little extra arch support and heel cushion. Podiatrists can provide custom orthotics and night splints for calf stretching, and recommend evaluation by a sports-oriented physical therapist, but physical therapy with gastrocnemius stretching (stretching your calves leaning against a wall), eccentric strengthening and massage can work wonders for this condition.

WHEN AFFLICTED WITH MTSS IT IS IMPORTANT TO TAKE A STEP BACK FROM YOUR TRAINING AND DETERMINE IF YOU ARE STUCK IN THE "TERRIBLE TOOS."

MARK M. LAWRENCE/CORBIS

Freestylin'

RUSS HENSHAW is a champion flying high. BY ALISON TURNER

AUSSIE FREESTYLE SKI champion Russ Henshaw was born to ski. Strapping on his first set of skis at the ripe old age of four, he took to the slopes like a true natural.

"Skiing has always come naturally to me," says Russ, who won silver at the Snowboard and Freestyle Skiing World Championships in Austria earlier this year. "Granted, I've had to work hard to nail some of the tricks, but skis on my feet just feel like an extension of my body!"

Russ started out competing in racing, but moved over to freestyle when he was around 12. People soon took notice – by the time he was 15, Russ had been selected to move to Austria and compete on the European circuit.

Now 25 and standing at 188cm, Russ continues to compete, regularly finding himself on the podium. So how does a champion freestyle skier prepare for competition?

"I definitely spend a lot of time training on snow, but I also spend time in the gym and on trampolines," Russ says.

"Generally I'll try to do cardio four to five times a week in the morning, and hit the gym in the afternoon with two leg workouts (strength and explosive power) and one upper body workout per week.

"My workouts in the gym reflect what time of year it is. If it's the off season then I'll work out a lot harder, but during the competition season it's more about maintenance because I don't want to tire myself out."

Russ learns tricks on the trampoline before taking them to the snow.

"Air awareness is huge as well, so even if you aren't learning a trick on the trampoline and you're just bouncing, do smaller flips and spins," he says. "That keeps your mind in tune with where your body is at all times, which isn't only good for doing tricks, it also helps you to get out of some pretty sticky situations when the tricks go wrong on snow."

In a full-on sport like freestyle skiing, injuries are bound to happen. Amazingly, Russ once went a full year without an ACL in his right leg.

"I tore it right before the qualifying for the [2014] Olympics was about to start and I chose to ride without it until after the Games," he says. "It definitely worked but it also got sore at times if I skied too much. Then a week before the Olympics I was at another huge event – the Winter X Games in Aspen – and ended up crashing and tearing my ACL in my left leg. So going into the Winter Olympics I had no ACLs!"

Find out more about Russ Henshaw at redbull.com/au.



RICARDO GIANCOLA











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SHE...

- ... was born in Orange County, California, US
- **... can't get enough of leg day at the gym**
- ... listens to hardcore rap
- **... craves cereal and doughnuts**
- ... hates it when men wear cologne to the gym
- **... would love to be an interior designer**
- ... grew up with four brothers – playing football and basketball was a given
- **... deadlifts on a regular basis. Her max so far: 93 kilos**
- ... feels sexiest just being around her house in panties and a bra
- **... is afraid of open water, yet swam with sharks in the Great Barrier Reef**
- ... skateboarded everywhere before she could drive
- **... takes bubble baths with fizzy bath bombs**

ANA CHERI ON TOP

DREW DAILEY IMAGES

FIND ANA ON Instagram: **@anacheri** on Twitter: **@_anacheri** on the Web: ***anacheri.com***



… surprised some schoolkids and their parents when their field trip interrupted her risqué beach photo shoot

… watches the television show *Agents of S.H.I.E.L.D*; her favourite superhero is Thor

… once had a fan propose marriage while his mum videotaped it

… enjoys travelling, and her favourite destination is Byron Bay, Australia

… is in the process of opening her own gym

… loves *The Terminator* but really fell in love with Schwarzenegger when she saw *Kindergarten Cop*

The gorgeously stunning **ANA CHERI** says even though the world knows her as a fitness and bikini model, she's really a tomboy at heart. If that's true, then she's the only tomboy in the world with 2 million Instagram followers who worship her every move. Here's what else she had to say… BY PAMELA NULLET

TRAIN

BUILD MUSCLE, BURN FAT, PERFORM BETTER



Shoulder more load

Generally speaking, the heavier you lift, the bigger you get. But strict shoulder pressing limits your poundage. By combining a snatch and press, you use your hips to get more weight overhead, so you can then lower it slowly to your shoulder, overloading the deltoids.

BY BEN BRUNO

QUICK TIP Try to take five full seconds to lower the weight. The longer muscles spend under tension, the greater their growth potential.



GROOMING BY NADIA RAMNATH



HOW TO DO IT
SNATCH PRESS

1 **STAND WITH** feet slightly wider than shoulder width and bend your hips until the dumbbell is below your knees (previous page). Keep your chest forward.

2 **EXPLOSIVELY EXTEND** your hips and pull the weight up in front of your body, locking it out overhead. From there, turn your palm so it faces in, then slowly lower the dumbbell to your shoulder. That's one rep.

IAN SPANIER

Get a grip

For strongman **MIKE BURKE,** championship grip strength came from working like a man.

BY MARK BARROSO



KEEP IT SIMPLE "Lift as much heavy shit as you can until you can't lift anymore," Burke says.

MIKE BURKE ATTRIBUTES his top-notch strongman grip strength to 20 years and counting of working construction.

"I've swung a hammer and carried wooden beams most of my life," Burke says. "Working with your hands gets your grip stronger."

A world-record holder in two grip events, Burke trains his grip directly only to prepare for a contest; otherwise, it's all about manual labour.

"I use a 5-3-2 routine with strongman training on Saturdays," he says. "I work up to a five-rep max one week, then a three-rep max the next, then two."

Burke's workout is below; you'll need special equipment from *ironmind-store.com*, but his grip tips can be used anywhere.

BURKE'S GRIP WORKOUT

EXERCISE
Ironmind Rolling Thunder*
Ironmind Apollon's Axle*
Single-arm ginch grip with plates or blobs**

*Work up to a one-rep max. Decrease weight by 9 kilos and hold apparatus as long as possible. Repeat dropsets until failure.

**While standing, pinch weight plates or fat ends of "blobs" (dumbbell with handle removed) together using only your fingertips. Clean and press overhead. Repeat until failure.

BURKE'S TOP 3 GRIP STRENGTH TIPS

1 LIGHTEN THE LOAD
Double-overhand deadlift light weight for three sets of 12 reps.

2 GET WRINGING
Soak a bath towel in water, then wring it out dry. Repeat six to eight times.

3 NO STRAPS
Lift as much weight as possible in an exercise before using straps.

BURKE'S STATS

AGE: **40**
HEIGHT: **198cm**
WEIGHT: **156kg**
RESIDENCE: **Colorado, US**
SPONSOR: **SBD Apparel**

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Hardcore push-up

The push-up by itself is a good chest and core exercise, but add a twist (literally) and you can work your back as well in one simple, yet challenging, move: the T push-up. BY SEAN HYSON



HOW TO DO IT
T PUSH-UP

The T push-up has your abs stabilising your body through three planes of motion and offers a good way to work more pulling into your routine for better shoulder health and back strength. Doing it with dumbbells has another benefit as well: it increases the range of motion your pecs have to work in.

1 **GET INTO** push-up position while holding dumbbells.

2 **PERFORM** a push-up, and on the way up, twist your torso to the left, raising the weight straight overhead so your body forms a T shape with your arms. Return to start and repeat on your right.

QUICK TIP

For an extreme test of shoulder stability, try a T-pushup with one hand on a medicine ball.

IAN SPANIER





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Clapping push-ups aren't just for show-offs. Rev your metabolic motor with this high-intensity circuit.

WHAT IT IS

A four-exercise total-body metcon (metabolic conditioning) circuit designed by celebrity trainer Andy McDermott. You perform clapping push-ups, squat jumps and hanging knee raises, with a minute of rope jumping at the end. Go non-stop for 15 total minutes.

WHY IT WORKS

Alternating between upper and lower hemispheres of the body forces the heart to work harder to supply blood to working muscles. "It's an uncomplicated way to get a total-body workout while developing power," McDermott says. With a pull-up bar and a jump rope, you can take this workout anywhere.

THE WORKOUT

Directions: set a timer for 15 minutes and perform the following exercises as a circuit without stopping.

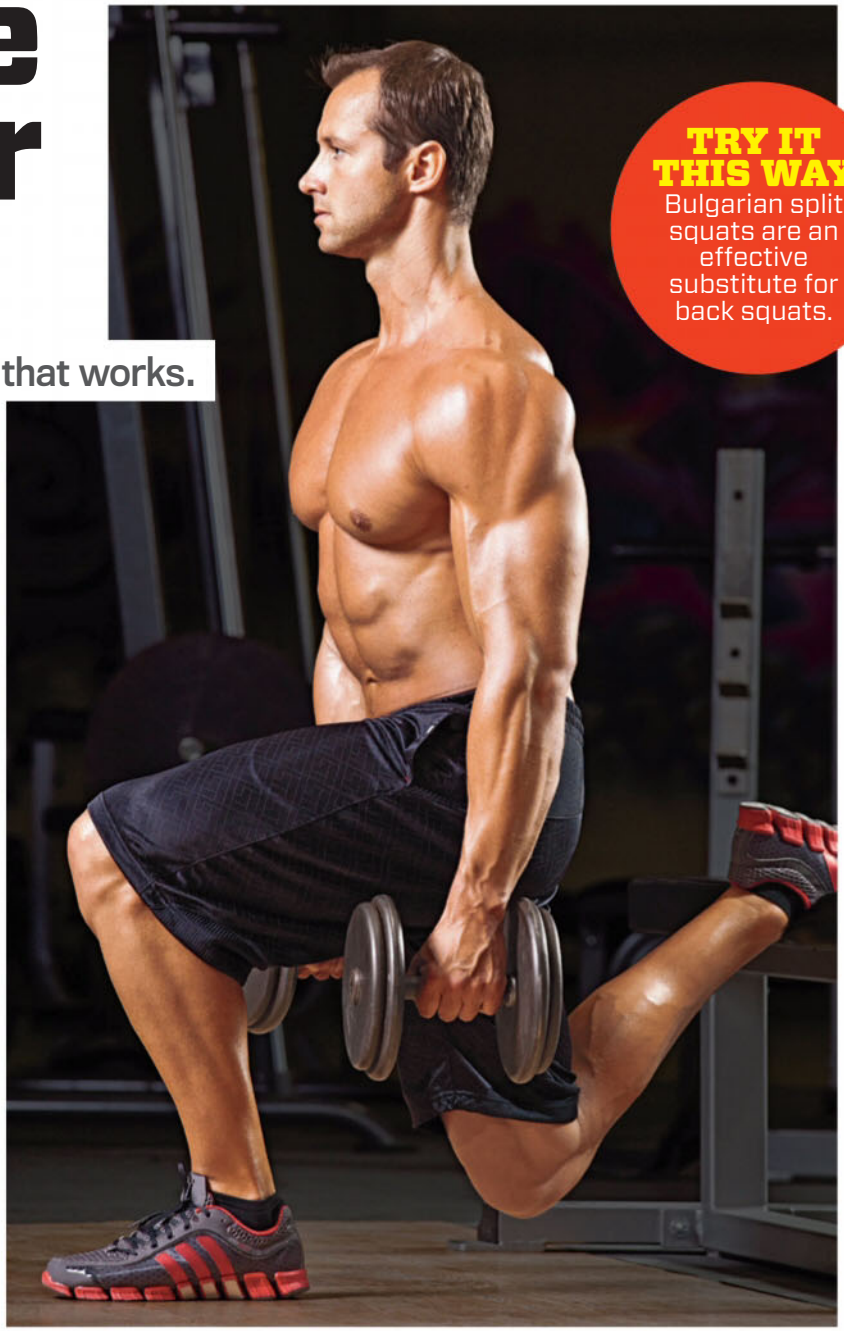
EXERCISE	REPS
▲ Clapping push-up	5-8
Squat jump	10
Hanging knee raise	10
Jump rope	60 seconds

QUICK TIP

If you're new to clapping push-ups, start out with a simple plyo push-up variation; push hard enough to get your hands a few centimetres off the floor. As you gain confidence, add the clap.

IAN SPANIER

Muscle master plan



TRY IT THIS WAY Bulgarian split squats are an effective substitute for back squats.

The "best" workout is one that works.

BY ADAM BORNSTEIN

WE THROW A LOT of information at you in *Muscle & Fitness* every month, but that doesn't mean you have to start applying it all at once. Too many lifters overthink their training, trying to figure out how many reps of curls they need or if their rest periods are short enough. Analysing your program to this extent will only hold you back.

You want to know which approach works best? Consistency. And hard work. You see, all kinds of exercises, rep ranges and rest periods will bring gains. Case in point: this year, the *Journal of Science and Medicine in Sport* compared two kinds of periodisation programs and their effects on strength. One was old-fashioned linear periodisation, in which you start off using lighter weights and higher volume and then progress to heavy weights and low volume. The other was undulating periodisation, in which the volume and intensity change each workout. The result: both protocols brought strength gains, and there was no significant difference between the groups.

THINK LESS, GAIN MORE

The inexact science of muscle can be good news for you. It means less time stressing over the small factors and more time applying the principles that get results. Here's what you need to do:

1 USE A WIDE RANGE OF REPS Sets of one to five are best for strength, while medium reps (six to 12) will build more pure size. Occasionally, sets of 15 or more can be used as well to target the growth potential of more endurance-oriented muscle fibres.

2 STICK WITH THE BASIC LIFTS (Variations included.) Everyone knows that squats, deadlifts, presses and rows get the job done. However, doing these lifts from different angles and using different pieces of equipment will challenge your muscles, too.

3 TRAIN AS LONG AS YOU LIKE A new study showed that subjects who trained in different time blocks that all equalled 60 minutes over the course of a week got the same results. So as long as you get the work you need to grow, workout length doesn't matter.

PAVEL YTHJALL

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Calf time

Thornton sent us his calf workout to review. Here's how we fixed it.

BY SEAN HYSON

THORNTON'S OLD WORKOUT

EXERCISE	SETS	REPS
Standing calf raise	3	10
Seated calf raise	3	10
Single-leg Standing calf raise	3	15

M&F RATING: B

OUR ADVICE

Work your calves with higher reps and superset them with toe raises. Just as with biceps and triceps, **TRAINING BOTH SIDES OF THE LOWER LEG WITH NO REST IN BETWEEN WILL DRIVE MORE BLOOD INTO YOUR CALVES, LEADING TO MORE GROWTH.** When you see how tough and exhausting these are, you'll know you won't need any more work.

THORNTON'S NEW WORKOUT

EXERCISE	SETS	REPS
▶ Standing calf raise	3	30
SUPERSET WITH		
Toe raise*	3	30

* Stand on the floor and simply raise the front of your feet off the floor, balancing on your heels.

QUICK TIP
Alternate foot position for balanced development. Do one set each with toes pointed in, out and straight.

MATT SALACUSE

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*compared to standard whey protein powder values

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EAT

WHAT'S IN THE FRIDGE THIS MONTH



We're not yolking

AFTER CHICKEN BREASTS and protein shakes, few protein options are more prevalent in a bodybuilding diet than egg whites. That's because egg whites are a nearly pure source of protein, containing almost 100 per cent of their calories from this macro with virtually no fats or carbs. So, when you're looking to consume a whole-food source of protein with few calories, it's hard to beat egg whites.

While all of the fat-soluble vitamins (A, D, E, K) in eggs are found in the yolk, whole eggs contain considerable calories and fat. But egg whites contain the same amount of protein as whole eggs without the calories or fat.

Luckily you no longer need to waste time messing around with separating your yolks and whites – pre-packaged egg whites are now available in liquid and frozen forms, which you can find at any supermarket, Keep some in your fridge or freezer and you'll be able to whip up a protein-rich omelette, smoothie or shake in no-time.

EGG WHITES
(8 EGG WHITES)

PROTEIN	28G
CARBS	2G
FATS	0G
CALORIES	137

WHOLE EGGS
(4 WHOLE EGGS)

PROTEIN	28G
CARBS	2G
FATS	21G
CALORIES	312

GO GREEN

Use green tea as your chill pill

Consuming green tea may have a significant impact on diastolic blood pressure. That's the lower number on your blood pressure reading, and it's the amount of pressure on your blood vessels when your heart is at rest, between beats (the larger number is called "systolic").

It's important to maintain low blood pressure, both systolic and diastolic, to ensure longevity.

Green tea contains many healthful phytochemicals. Among these, EGCG is a biologically active compound that helps regulate metabolism and control appetite. Theanine is an amino acid that helps modulate serotonin and dopamine (brain chemicals) that promote deeper sleep and increase the release of growth hormone.

Take green tea extract as a stand-alone, or use a fat burner or other multiple-ingredient supp that contains green tea extract. While green tea is also available in decaffeinated versions, many do not experience trouble sleeping when they consume the caffeinated form of green tea late at night.

CORBIS IMAGES.

BY STEVEN STIEFEL



GONE BAD
About 74 per cent of breast milk on the black market is contaminated with bacteria like staph.

GOT MILK?
In addition to protein, regular cow's milk provides fast-digesting carbs (lactose), making it a good post-workout choice.

Breast milk for muscle gains?

It may sound insane, but bodybuilders are seeking out milk from nursing mums with the hope of finding an edge in the gym. BY DAVID SANDLER

HUMAN BREAST MILK is hardly something an avid fitness enthusiast would consider a performance supp. Yet breast milk is having its moment thanks to its purported superiority to cow's milk for building muscle.

Where to separate myth from fact? All animal milk begins as colostrum, a precursor to breast milk that's loaded with highly concentrated hormones, growth factors and important nutrients for developing the structure and function of the entire body. During the first few days, the concentration of key growth factors in a cow's colostrum drops off until they're virtually undetectable in the normal milk that eventually makes its way to your supermarket shelf. However, in humans, while there's a drop-off, breast milk continues to hold a higher concentration of these key hormones for several weeks after the colostrum phase. Thus, the belief that consuming human breast milk will increase muscle size and strength has been perpetuated. However, it's not quite that simple.

First, the level of hormones in regular breast milk is relatively low. Second, the growth and development needs of an infant differ from that of a bodybuilder. While the concentration of hormones may be higher in human breast milk, the adult human digestive system is more developed than that of an infant and not as absorbent to growth factors in colostrum. Neither research nor practice has shown that colostrum can build muscle any faster than regular cow's milk or whey.

Perhaps the most concerning issue is how to get clean breast milk. While it's available from various sources, nursing mums on Craigslist tend to be the leaders of the field, and in these instances, the risk of contamination is very high. Reports suggest that 74 per cent of the samples obtained from black-market sources have significant levels of bacteria, such as staph and strep.

Rather than drop serious bucks trying to find good, safe breast milk, consider several solid alternatives besides the standard dairy-based protein powders you've come to know. Powdered colostrum contains specific bioactive peptides that can help improve muscle size, strength and overall performance. Bonded amino acids and other bioactive peptides boost muscle protein synthesis, improve immune function and are becoming more widely available. In addition, there are new ingredients that focus on mTOR pathway activity, increasing the potential for muscle development. As research continues, possibilities grow. Until then, train hard, eat right, and use supplements that are verified to be safe.



Pomegranate

Reap the benefits of this unique fruit.

BY CHRIS GIBLIN

DESPITE THE pomegranate's widespread cultivation and consumption throughout Asia and the Middle East, it has never rivaled the apple or the orange here in Australia in terms of popularity or convenience.

Pomegranates definitely pack a punch in the flavour department; they toe the line between sweet and tart nicely, and the seeds are often compared to cranberries and grapes in terms of taste and texture. One medium pomegranate – which equals about 3 servings of fruit – supplies about 39 grams of carbohydrates (and a bit more than 200 calories total). That same pomegranate provides 11 grams of fibre (45 per cent of your daily value based on a 2000-calorie diet), along with about half your daily recommended intake of vitamin C.

What's more, a 2011 study examined the impact that drinking pomegranate juice may have on post-workout muscle recovery. For 15 days a group of 17 men who routinely performed resistance training drank two servings of 250ml of pomegranate juice or a placebo twice daily while following their normal diet and weight training routine. On the eighth day, the men trained their arms and legs, focusing on the eccentric contraction during elbow extensions and unilateral knee extensions at maximum capacity. They drank an additional third serving of 250ml of pomegranate juice immediately after exercising. The upshot? The study found that the men who drank the pomegranate juice maintained more of their post-exercise arm strength when compared with the men drinking the placebo. However, a similar result was not found for knee strength in the men drinking pomegranate juice compared with those taking the placebo.

Researchers attributed the positive effects to the high levels of polyphenols in the juice.

While this study does not prove causation and further research is needed, it adds to a growing body of research into pomegranate juice as part of an overall healthy diet.

(Some information for this article was provided by POM Wonderful.)

NUTRITIOUS AND CONVENIENT

Delicious as they are, there's a reason pomegranates likely weren't a common sight in your kitchen growing up: they don't fit the bill as a simple, on-the-go fruit. Luckily, pure pomegranate juice, like Pom Wonderful, delivers many of the benefits of whole pomegranates. An in vitro study at the University of California Los Angeles, US, found pomegranate juice has, on average, more antioxidant potency than red wine, grape juice or tea. Best of all: no kitchen tools required.



ANTHONY MASTERSON/GETTY IMAGES



Beefed-up Benedict

Breakfast for dinner? It makes sense when you give traditional eggs Benedict a protein boost by adding steak (and cutting fat). Lean bacon will still give you that smoky flavour without as many calories and our proprietary pepper mixture will make you forget all about hollandaise sauce.

BY AMY SCHLINGER

STEAK, BACON AND EGGS BENEDICT

YIELDS 1 SERVING

- 170g beef tenderloin
- ¼ tsp extra-virgin olive oil
- 2 strips lean bacon
- 1 wholemeal English muffin
- 2 medium eggs
- 2 jalapeño peppers, chopped
- 1 spring onion, chopped
- 1 clove garlic
- 4 tsp distilled white vinegar
- 1 tsp lime juice

1. Cut beef in half and coat with olive oil. Wrap each half in a strip of bacon. Place a frying pan over high heat.
2. When pan is hot, add the bacon-wrapped beef to it and cook 3-4 minutes each side. Remove and place one piece on each half of English muffin.
3. Pour most of the fat out of the pan. Place pan back on the heat and cook both eggs until whites are cooked but yolk is still runny.
4. While eggs cook, place peppers, spring onion, garlic, vinegar and lime juice in blender and blend.
5. Remove eggs when cooked and place one on top of each steak. Drizzle pepper mixture over top and enjoy.

NUTRITION PER SERVING

689 CALORIES	69g PROTEIN	31g CARBS	28g FAT

FOOD STYLING BY BRETT KURZWEIL

SAM KAPLAN

ON THE WEB
Visit *chefirvine.com* for recipes, fitness tips, and more.



Stick'em up

Add chicken skewers to a quick and easy marinade and you've got gains on the go.

CHICKEN KEBAB

YIELDS 2 SERVINGS

170g chicken breast, boneless and skinless
170g chicken thigh, boneless and skinless
3 tbsp olive oil
Juice and zest of 1 lime
30g garlic, minced
30g fresh ginger, minced
30g shallots, minced
1 tsp red chilli powder
1 tsp ground coriander
1 tsp garam masala
1 tbsp fresh parsley, chopped
1 tbsp fresh thyme, chopped
2 tbsp fresh mint, chopped
Salt
Pepper

1. Soak wooden skewers in water for 1 hour.
2. Cut chicken breast and thighs into pieces.
3. Mix 1 tbsp olive oil, lime juice and zest, garlic, ginger, shallot, spices and chopped herbs in a mixing bowl.
4. Heat 2 tbsp of olive oil in a deep frypan. Season the chicken with salt and pepper. Sear the chicken on both sides, remove, then marinate for 2 hours.
5. Remove seared chicken from the marinade and skewer alternating breast and thigh, 2 pieces of each on each skewer.
6. Preheat oven to 175°C.
7. Lay chicken out on baking tray and baste with marinade, being sure to evenly distribute.
8. Bake at 175°C for 10 minutes. Remove and let rest 3 minutes before serving.

PER SERVING (KEBABS ONLY)	
527 CALORIES	45g PROTEIN
21g CARBS	32g FAT



QUICK TIP
Round out this meal with rice and yoghurt sauce. For a tangy yoghurt sauce, combine 2 cups plain yoghurt, the juice and zest of one lemon, ½ cup of fresh shaved basil, salt and pepper.

FOOD STYLING BY BRETT KURZWEIL

SAM KAPLAN

ABOUT THE COOK
Danielle Walker is the author of *The New York Times* best seller ***Against All Grain.***



SUPERFOOD
One hundred grams of avocado has 127 more milligrams of potassium than the same amount of banana.

Avocados

Add this heart-healthy fruit to your diet to stay fuller for longer.

BY DANIELLE WALKER

1

BAKE THEM WITH EGGS

Preheat oven to 230°C. Cut 2 avocados in half and remove seeds. Place halves on a baking dish with sides touching so the avocados don't tip over. Crack an egg into each of the cavities and season with salt and pepper. Bake for 8–10 minutes.

2

MAKE A LETTUCE WRAP

Cook 1 package of nitrate-free bacon until desired crispiness. Pat excess grease off with a towel. Stem and clean a head of lettuce and divide the leaves into cups. Top each cup with sliced avocado, tomatoes and sprouts.

3

TOSS A SALAD

Grill 4 boneless skinless chicken breasts, then dice them. Toss with 2 cups diced avocado, 8 cups lettuce, ¼ cup chopped basil, 2 cups diced tomatoes and 1 cup diced cucumber. Drizzle with 3 tbsp red wine vinegar, ⅓ cup olive oil, and ½ tsp mustard.

4

PROCESS A PESTO

Blitz 2 pitted and peeled avocados in a food processor with 1 cup basil, ½ cup almonds, 3 tbsp lemon juice, 2 garlic cloves, ¼ tsp salt and ½ cup olive oil until smooth. Serve sauce over spaghetti squash or gluten-free noodles with grilled chicken or shrimp.

5

WHIP UP A MOUSSE

Place 2 large pitted and peeled avocados, 1 banana, ¾ cup cacao powder, 1 cup pitted dates, ⅓ cup coconut milk, and ½ tsp vanilla extract in a food processor. Process until smooth and fully combined. Divide mousse into serving cups. Chill for 6 hours and serve.

STUDIOSOURCE/ALAMY



REWRITE YOUR EXPECTATIONS

What do you expect from your pre-workout in terms of results? **If you want more, if you want those around you to recognise those differences, then you have to optimise every part of your approach.**

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2,000mg	1,000mg	250mg†
L-carnitine tartrate	L-taurine	caffeine

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calories	protein	Creapure® creatine	carbohydrate

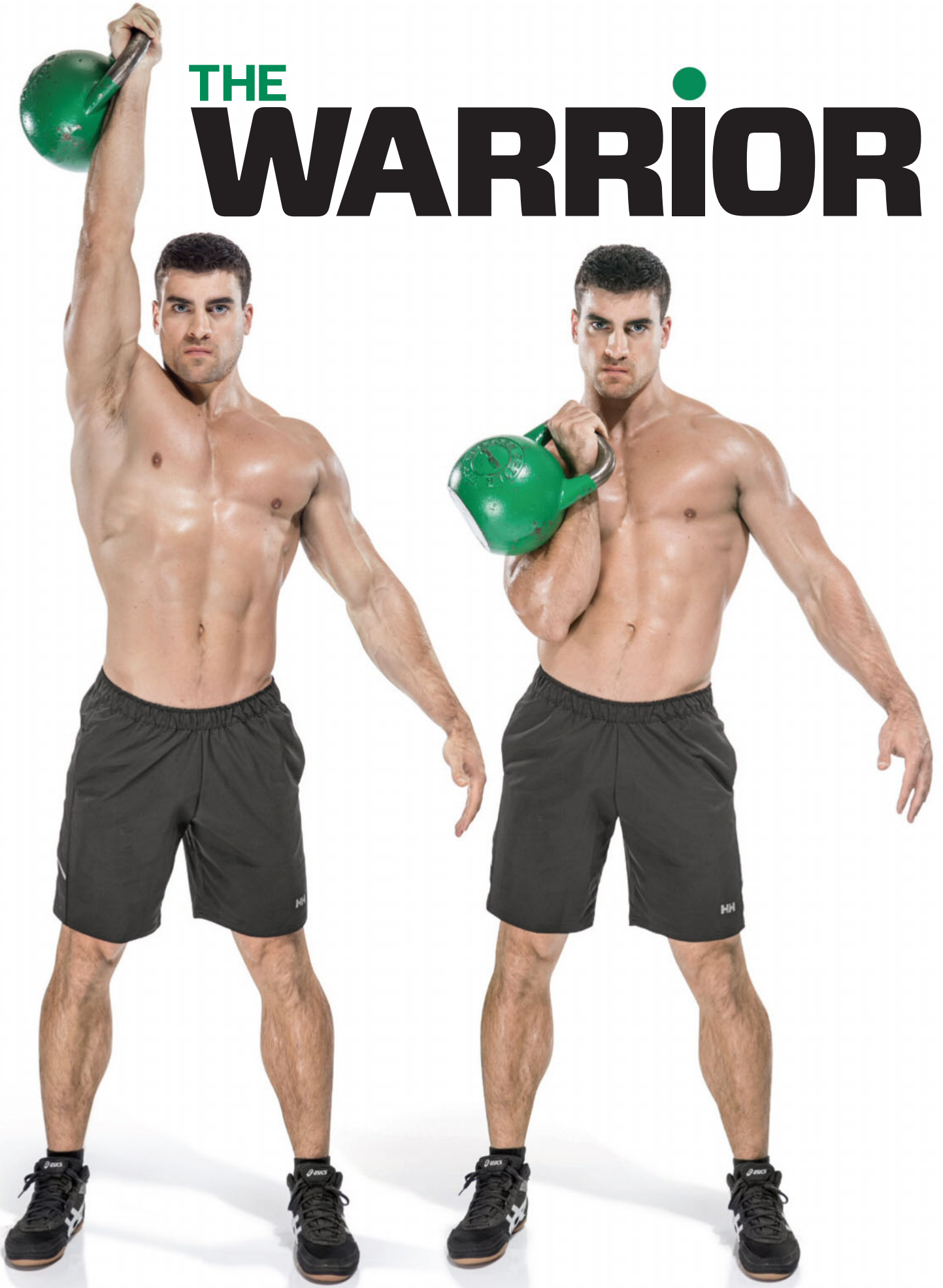
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THE WARRIOR



WORKOUT

Five weeks. One kettlebell. When your program is written by a training master like Pavel Tsatsouline, that's all you need to build muscle and torch fat.

BY MARK BARROSO /// PHOTOGRAPHS BY EDGAR ARTIGA

IT IS THE VERY definition of simplicity. Of course, simple doesn't necessarily have anything to do with easy. Benching 250 kilos is a simple concept. So is running a marathon. But accomplishing either is also extraordinarily difficult. Likewise, just because Pavel Tsatsouline's five-week training program requires only two exercises a day using a single kettlebell doesn't mean you won't be cursing him every step of the way. There's a lot of work, but if you stick with it you'll come out stronger and leaner.

Tsatsouline, the author of *Kettlebell: Simple & Sinister*, is a former Soviet special forces instructor and currently a subject matter expert to elite US military and law enforcement special ops units. He cites Russian professor Victor Selouyanov's research with Russian national sports teams as inspiration for designing this plan.

"When the Russians measured wrestlers' blood after competition, they discovered the losers were more acidic than the winners," says Tsatsouline. "Instead of focusing on training to tolerate acidity better, Selouyanov decided to avoid acidity altogether and developed a methodology for growing mitochondria, aerobic power plants in the muscle cells, in fast-twitch muscle fibres." This method trains you to minimise the formation of lactic acid and dispose of it easily.

So how do you build mitochondira? Tsatsouline says you need a high workload (you'll be lifting six days a week) paired with long rest periods. As for the fact that this plan incorporates only a kettlebell and a pull-up bar, Tsatsouline is steadfast in his belief that no training implement can rival the kettlebell. If barbells and dumbbells make up the majority of your training, you're about to get a serious shock to your system. Try the following for five weeks, and watch your strength soar.

PAVEL'S WARRIOR WORKOUT DIRECTIONS

KETTLEBELL SWINGS
Whenever you see swings, you'll be doing 7 reps per minute for the prescribed number of sets. Seven swings will take about 10 seconds; rest for the remainder.

KETTLEBELL PRESSES AND PULL-UPS
When you see this exercise pairing, set a timer for 8 minutes and begin presses by cleaning a bell with one hand and pressing it overhead for the prescribed reps. Drop bell and repeat with other arm. Rest until timer is up, then do pull-ups with little rest between sets.

WEEK 1

MONDAY		
EXERCISE	**SETS**	**REPS**
KB goblet squat	3	5
Russian KB swing	10	7
TUESDAY		
Single-arm KB press*	3	5, 4, 3, 2, 1
Weighted pull-up*	3	5, 4, 3, 2, 1
WEDNESDAY		
KB goblet squat	3	5
Russian KB swing	13	7
THURSDAY		
Single-arm KB press*	2	5, 4, 3, 2, 1
Weighted pull-up*	2	5, 4, 3, 2, 1
FRIDAY		
KB goblet squat	3	5
Russian KB swing	16	7
SATURDAY		
Single-arm KB press*	3	5, 3, 2
Weighted pull-up*	3	5, 3, 2

*Use timing instructions at left. Work from the highest rep to the lowest. For the press, switch arms each step of the ladder.

SUNDAY: ACTIVE REST

SINGLE-ARM KB PRESS
Tense your body, crush the handle of the bell and drive it straight up to a full lockout.

WEEK 2

MONDAY		
EXERCISE	**SETS**	**REPS**
KB goblet squat	3	5
Russian KB swing	13	7
TUESDAY		
Single-arm KB press*	4	5, 4, 3, 2, 1
Weighted pull-up*	4	5, 4, 3, 2, 1
WEDNESDAY		
KB goblet squat	3	5
Russian KB swing	16	7
THURSDAY		
Single-arm KB press*	2	5, 4, 3, 2, 1
Weighted pull-up*	2	5, 4, 3, 2, 1
FRIDAY		
KB goblet squat	3	5
Russian KB swing	19	7

SATURDAY		
EXERCISE	**SETS**	**REPS**
Single-arm KB press*	4	5, 3, 2
Weighted pull-up*	4	5, 3, 2

*Use timing instructions on previous page. Work from the highest rep to the lowest. For the press, switch arms each step of the ladder.

SUNDAY: ACTIVE REST

RUSSIAN KB SWING

Stand behind the kettlebell with feet slightly wider than shoulder width and slightly turned out. Sit back and grip the handle with both hands. Keep your lower back arched and "hike" the kettlebell back between your legs. Explosively snap your hips open. Let the kettlebell float momentarily at chest level before smoothly guiding it back for another rep.

THE BELL WAR

AMERICAN vs. RUSSIAN: Which kettlebell swing reigns supreme?

American kettlebell swing: the bell is swung all the way overhead, resulting in arms fully extended vertically.

Russian kettlebell swing: the bell is swung to chest level, then brought back down between legs.

PAVEL SAYS: "Overhead swings demand great thoracic and shoulder mobility. Without this mobility, you'll have to compensate by flaring your elbows, shrugging and hyperextending your back, thus inviting injury.

"If you're in the mood to lift the kettlebell overhead, do a kettlebell snatch. It also demands mobility, but not nearly as much as the overhead swing."

***M&F* SAYS:** The hips are fully extended when the arms are at chest level, so increasing the ROM to overhead doesn't result in more power from the hips – it comes from the arms and back, which isn't where the power should be coming from.

THE WINNER: Russian swing.



GROOMING BY KRISTEN RUGGIERO

BELL SHOPPING

PAVEL SAYS: "There are two types of kettlebells: competition and traditional. Competition bells are made to the precise specifications of the kettlebell sport in which you snatch and jerk them for many reps. You can use competition bells for general strength and conditioning, but their handles are too narrow for two-handed kettlebell swings, at least for men.

"Traditional iron kettlebells are stockier than competition bells, with longer, lower and thicker handles. This design makes the bell more comfortable for two-handed swings and challenges the grip more.

"For this workout plan, I suggest buying one 35-pound (15kg), 53-pound (25kg), and 70-pound (30kg) traditional kettlebell."



WEEK 3

MONDAY		
EXERCISE	**SETS**	**REPS**
KB goblet squat	3	5
Russian KB swing	16	7
TUESDAY		
Single-arm KB press*	2	6, 5, 4, 3, 2, 1
Weighted pull-up*	2	6, 5, 4, 3, 2, 1
WEDNESDAY		
KB goblet squat	3	5
Russian KB swing	19	7
THURSDAY		
Single-arm KB press*	1	6, 5, 4, 3, 2, 1
Weighted pull-up*	1	6, 5, 4, 3, 2, 1
FRIDAY		
KB goblet squat	3	5
Russian KB swing	22	7
SATURDAY		
Single-arm KB press*	2	6, 4, 2
Weighted pull-up*	2	6, 4, 2

*Use timing instructions on first page. Work from the highest rep to the lowest. For the press, switch arms each step of the ladder.

SUNDAY: ACTIVE REST

KB GOBLET SQUAT
Focus on sitting back with your hips and opening your knees to achieve depth.

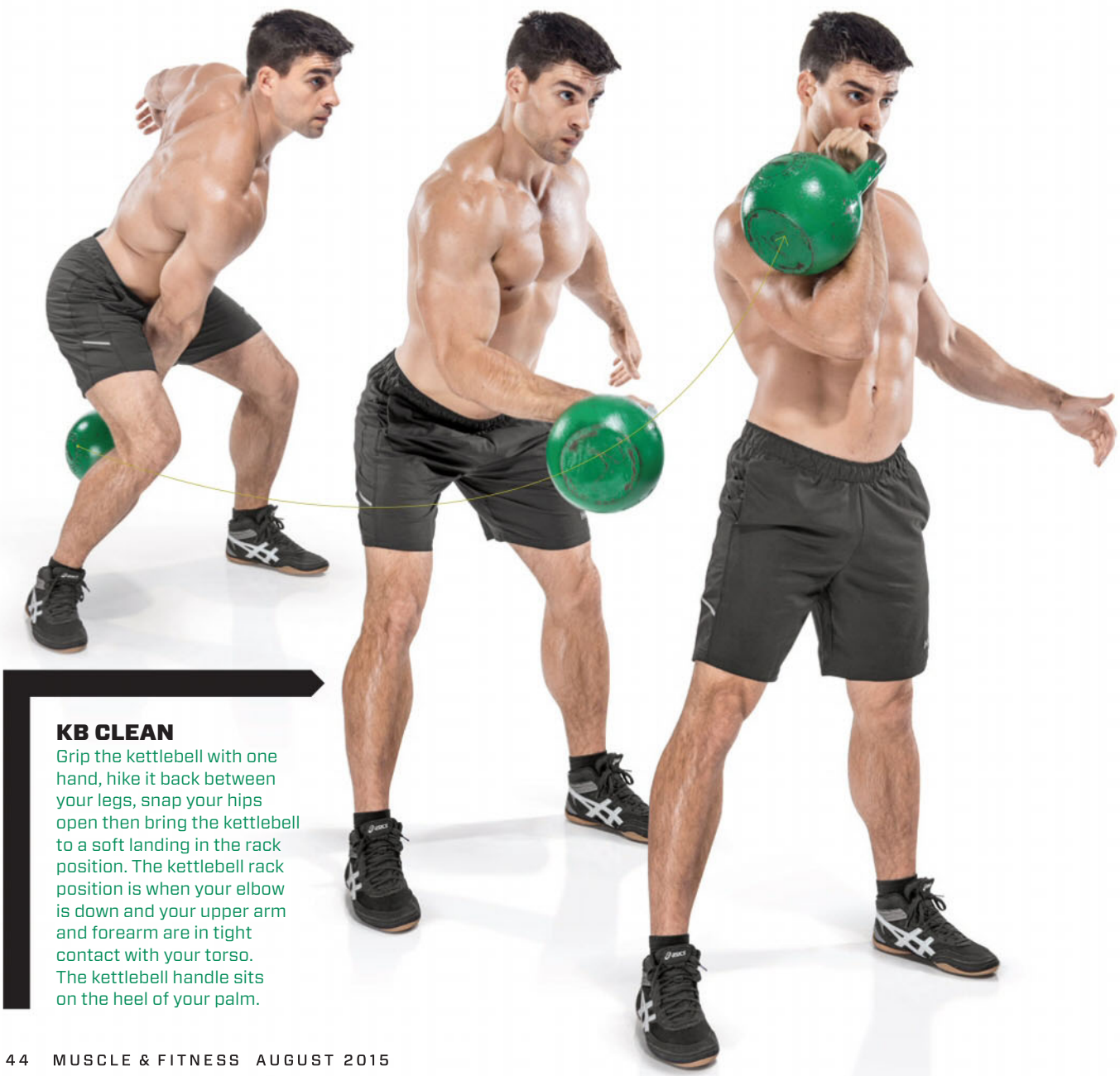
WEEK 4

MONDAY		
EXERCISE	**SETS**	**REPS**
KB goblet squat	3	5
Russian KB swing	19	7
TUESDAY		
Single-arm KB press*	3	6, 5, 4, 3, 2, 1
Weighted pull-up*	3	6, 5, 4, 3, 2, 1

WEDNESDAY		
EXERCISE	**SETS**	**REPS**
KB goblet squat	3	5
Russian KB swing	22	7
THURSDAY		
Single-arm KB press*	1	6, 5, 4, 3, 2, 1
Weighted pull-up*	1	6, 5, 4, 3, 2, 1

FRIDAY		
EXERCISE	**SETS**	**REPS**
KB goblet squat	3	5
Russian KB swing	25	7
SATURDAY		
Single-arm KB press*	3	6, 4, 2
Weighted pull-up*	3	6, 4, 2
SUNDAY: ACTIVE REST		

***Use timing instructions on first page. Work from the highest rep to the lowest. For the press, switch arms each step of the ladder.



KB CLEAN

Grip the kettlebell with one hand, hike it back between your legs, snap your hips open then bring the kettlebell to a soft landing in the rack position. The kettlebell rack position is when your elbow is down and your upper arm and forearm are in tight contact with your torso. The kettlebell handle sits on the heel of your palm.

WEEK 5

MONDAY		
EXERCISE	**SETS**	**REPS**
KB goblet squat	3	5
Russian KB swing	20	7
TUESDAY		
Single-arm KB press*	2	6, 4, 2
Weighted pull-up*	2	6, 4, 2
WEDNESDAY		
KB goblet squat	3	5
Russian KB swing	10	7
THURSDAY		
Single-arm KB press*	1	6, 4, 2
Weighted pull-up*	1	6, 4, 2
FRIDAY		
Single-arm KB press	1	Failure
Weighted pull-up	1	Failure
SATURDAY		

*Use timing instructions on first page. Work from the highest rep to the lowest. For the press, switch arms each step of the ladder.

SUNDAY: ACTIVE REST



WEIGHTED PULL-UP

Hang a kettlebell or weight plate from a dip belt and get to work. On every day but the final day of the program, your pull-up "sets" will be long, descending ladders. (See workout boxes.) M&F



AFTER WORKING ABROAD FOR MOST OF THE PAST THREE DECADES, '80s ACTION ICON **DOLPH LUNDGREN** IS BACK IN HOLLYWOOD. AT 57, HE PLANS TO STAY A WHILE THIS TIME.

BY JOE WUEBBEN
PHOTOGRAPHS BY PER BERNAL

STAYING POWER

HE COULDN'T STAY IVAN DRAGO forever. The flat-top was bound to go out of style, the *Rocky* franchise had reached its peak, and besides, he wasn't even Russian. But here's the biggest reason why Dolph Lundgren (who's from Sweden, by the way) had to move on from Drago: because men get older.

Rocky IV hit theatres 30 years ago, in 1985. Hard to believe, right? Lundgren is 57 now, and naturally, he looks different than he did then. The resemblance is there, of course, since he's still tall and blond and handsome, but he's not carrying quite as much muscle and his skin has weathered a bit.

The most interesting part? Dolph Lundgren is actually better now. Because real men change, mature, evolve, adapt. Their value isn't tethered to youth. Lundgren was in Europe for the better part of the '90s and 2000s – out of sight, out of mind to moviegoers – but he never stopped working and he never stopped training.

"Comparing myself now to then, I would say I'm a little more skilled now," Lundgren says. "I'm more proficient in martial arts. Because at that point [training for *Rocky IV*] I'd given all that up, because I just wanted to learn how to box for the movie, and I wanted to lift weights. I try to keep the martial arts skill because, one, I use it in my movies, and two, it makes me feel good to be able to walk into a dojo in Sweden, Australia or America, wherever I am, and not seem like a chump."

"Whatever happened to Dolph Lundgren?" was probably asked thousands of times following *Rocky IV* and his role as He-Man in 1987's *Masters of the Universe.* What happened was, he went on to have a successful career as a movie star, with more than 60 total acting roles on his résumé as well as a handful of producing, directing and writing credits. It's just that most of this occurred outside the United States. For a good while, he was one of the busiest action stars you never heard anything about, at least not here or in the States.

That all changed about five years ago after he landed a role in the action-star-loaded cast of *The Expendables* and moved back to America. Since then, he's appeared in both *Expendables* sequels as well as several other US-based productions, including *Universal Solider: Day of Reckoning* with Jean-Claude Van Damme and even a one-off appearance earlier this year on the comedy TV series *Workaholics.* His latest film, *Skin Trade,* which he produced, co-wrote and starred in, is scheduled for release this June.

So is it fair to say that Dolph Lundgren has made an American comeback? "Yeah, that's fair," he says. "I was in Europe focusing on my kids. I wasn't focusing on the business. You have to be in America to do well in show business, especially with the types of movies I do, preferably in Hollywood. There's a certain energy in the States, and that's the reason I wanted to come here as a kid when I was only 14 or 15. The last five years, I've slowly worked my way back into the business and into the popular culture here, and it feels good. Europe is a great place, but somehow in America if you put in the hard work, you know it's going to pay off, whereas in other places it's not so certain."

Much of the hard work Lundgren refers to happens in the gym. He was active as a child growing up in Sweden, playing ice hockey and starting karate at a young age. (He earned a third-degree black belt as an adult in 1998.) After moving to America for college on academic scholarships and eventually pursuing an acting career, he got more serious about lifting weights. He trained with Sylvester Stallone for *Rocky IV* and even worked out for a time in the '80s with Lou Ferrigno at Santa Monica Body Building Center.

GROOMING BY KITTY JEANNETTE NIELSEN



Push-ups and other bodyweight moves have always been a major part of Lundgren's routine.



DOLPH'S GREATEST HITS

A FIT LIFE – PLAYED OUT ON FILM



ROCKY IV (1985)
Lundgren's turn as the Russian killing machine Ivan Drago in *Rocky IV* made him an instant household name. He was a character you loved to hate, but who ultimately had a human side people could identify with – and a physique that every guy wanted.



MASTERS OF THE UNIVERSE (1987)
In the era of the reboot, it's safe to say we'll probably see another He-Man movie. To date, however, Lundgren is the only man to step into the iconic role. It's also safe to say that if *Thor* had been made in the '80s, Lundgren would've had that role, too.



SHOWDOWN IN LITTLE TOKYO (1991)
Co-starring the late Brandon Lee, this buddy-cop flick saw Lundgren on the trail of the Yakuza in Los Angeles. It also gave a chance for both men to show off their legitimate martial arts chops in action sequences that hold up today.



UNIVERSAL SOLDIER (1992)
The original featured three *M&F* cover guys: Lundgren, Jean-Claude Van Damme and Ralf Moeller, all of whom played casualties of war, resurrected as perfect soldiers who declare war on one another. To date, there have been six films in the series.



THE EXPENDABLES (2010)
When Sylvester Stallone brought Lundgren on board for his '80s-action throwback, it marked the rebirth of Lundgren's work in American cinema. Lundgren returned for *The Expendables 2* and *3* and moved from Sweden back to the States.

His workouts have changed since then, but not all that much. At 193cm, he never had the build to lift prodigious weight; he says he never went above 150 kilos or so on the squat or deadlift, even in his younger years. But his training has become more diverse, more fluid than structured.

"I'm more conscious of injuries now than I was when I was 27, so I do more rehab work, more balance work and more work on the smaller muscles like the rotator cuffs and hip flexors. But I do try to keep some heavy lifting in my routine.

"For being 30 years older, the only difference is I have to take care of myself a little more when I'm not training. In those days you could go out and have 10 tequila shots, stay up all night and then go to the gym in the morning. If I did that now," he says with a laugh, "I'd be struggling."

Lundgren typically trains four or five days a week, implementing a variety of training styles and modalities. For example: he does traditional weight training with the squat, bench press, deadlift, military press and curls a couple of days a week; he also mixes in more "functional" training by using a Bosu ball and incorporating strongman lifts, particularly heavy sandbag carries; and he keeps up with his martial arts skill training and hits a heavy bag for conditioning. When he doesn't feel like lifting in the gym, he loads up a backpack with extra weight and goes for a long hike; he swims when an Olympic-size pool is available to him, such as when staying at a nice hotel; he stretches regularly to maintain flexibility for his martial arts; and he also meditates daily.

"I get bored with too structured of a workout," Lundgren says. "I think there's a benefit to having a regimented schedule, like getting up at the same time every morning and having breakfast. But if I have a new workout coming up, it's exciting for me. If I have the same workout for four weeks, and I've done that, it just becomes something like self-punishment. I meditate every morning, and that really helps. It's like they say: life becomes a glide instead of an effort. It's true. Life becomes easier. You don't hold on to things as much."

Lundgren's training may not always be regimented, but he stays consistent with it. Always has. This has obviously helped him land roles throughout the years, most of which have required him to be in shape and proficient at fighting, but Lundgren also credits his active lifestyle – not just the meditation – for improving his mental state.

"All the things I do in my training have helped me feel better and more fit but also more balanced," he says. "And I think it's helped me deal with a pretty tough

AF ARCHIVE/ALAMY; UNITED ARCHIVES GMBH/ALAMY; AF ARCHIVE/ALAMY; MOVIESTORE COLLECTION LTD/ALAMY (2)


“NOTHING IS PERMANENT. EVERYTHING BLOSSOMS AND DIES.”

business without getting lost in it. It's paid dividends for me even in just the last year or two. When I moved back to LA and did the first *Expendables,* I started to put more of an emphasis on my training and meditation and focusing a little more on my career. But it takes a while for things to develop. You have to do the roles, and then the movies have to be edited and put out there, and people have to see them. So there's, like, a two-year or more delay before it gets out there in the ether. I'm feeling good about it now, and people are catching up to it a little more. It gives me a grounded feeling."

At 57, Lundgren is by no means the "old man" of Hollywood. Stallone is 68, Schwarzenegger, 67. Lundgren looks forward to having many productive years left in him as an actor, writer, producer and director. He cites Morgan Freeman and Clint Eastwood as two other Hollywood stars doing some of their best work in middle age and beyond, and he hopes to fall into that category. But as much as he looks to a bright future, he can't help but look back at himself 30 years ago as Ivan Drago, the role that launched a career still going strong through stints in Europe, Asia, America and places everywhere in between.

When asked what he sees when he looks at the 30-year-old photos of himself in *Rocky IV,* Lundgren says, "In painting they used to call it 'the artist as a young man' – the artist always paints himself younger than he is. There's a magic kind of energy there when I see pictures of myself as Drago. I see the innocence in my eyes. It's like a boyishness that's wonderful and beautiful, but I had to go through so much to get to where I am today. I wouldn't want to do it again, so it's a bittersweet experience. It's like in meditation: you have to accept the impermanence of existence. Nothing is permanent. Everything blossoms and dies. So I think two things: I feel happy for having had the opportunity to be in the business and being in shape, and I'm glad I'm in shape now. I'm trying to squeeze as much out of it as I can. I want to keep acting and producing and directing and being fit... and being thankful that I'm still around." M&F



Lundgren's training today is less about heavy weights and more about moving his body through a full range of motion.



COURTESY OF WEIDER HEALTH & FITNESS; GARDNER/COURTESY OF WEIDER HEALTH & FITNESS

Train like Dolph

The two workouts below, provided by Dolph Lundgren, represent his current resistance-training routine for developing functional strength and power and optimising recovery.

WORKOUT 1

OLD-SCHOOL STRONG-MAN WORKOUT

EXERCISE	REPS
1A Heavy sandbag carry	20 metres (65kg bag)
1B Bosu sandbag chest press	15
2A Light sandbag clean and jerk	12 (35kg bag)
2B Light sandbag over-the-shoulder carry	20 metres (35kg bag; switch shoulders after 10 metres)
3A Sandbag toss over shoulder	16 reps per side (35kg bag)
3B Plank with leg curl	15 per leg

Perform each pair of exercises as a superset. Complete three to four sets each.

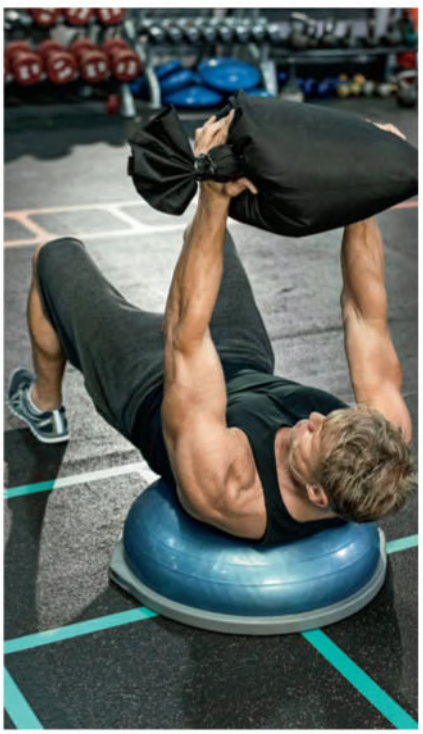
WORKOUT 2

RECOVERY CIRCUIT

EXERCISE	REPS
1A Bear crawl into side plank	8 per side
1B Push-up into lunge stretch	10 per side
1C Medicine ball X's	20
1D Bosu band flye	10 reps each direction
1E Bosu dumbbell clean and jerk	12

Complete one set of each exercise, resting 30 seconds between exercises. Rest 90 seconds, then repeat for three total rounds. Finish the workout with three to five rounds of bag/mitt work.










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BATTLING THE WORLD'S FITTEST

Australian CrossFit contender Rob Forte pushes for excellence.

BY DAVID ROBSON /// PHOTOGRAPHS BY MELITA JAGIC AND GARY PHILLIPS

It's one of the world's fastest growing sports. The intensive exercise philosophy of CrossFit is one of the most effective training modalities for those wanting to achieve a shredded appearance, elite-level fitness and the functional strength required to meet any physical challenge.

Leading the way for Australia is multiple event-winner and four-time World CrossFit Games competitor (2011-2014) Rob Forte. Always up for an extreme challenge (he's competed in both Brazilian jiu jitsu and motocross) Forte discovered in CrossFit the ultimate test of physical endurance and mental fortitude. He was introduced to the multidisciplinary sport by his dad, and contested his first regional event in 2010 – the CrossFit Games QLD Sectionals – placed fourth, and has devoted his life to CrossFit since. Now among the world's best CrossFit athletes (he has once again qualified for the World Games in 2015) the pressure for Forte to perform at his best is greater than ever. However, the amiable Aussie is surprisingly nonchalant when discussing his approach to battling it out with the most physically gifted athletes in the most competitive of sporting arenas.

"I am competitive and the drive to be the best has always been there," he says. "But that has faded a little bit. When I'm out there I just focus on what I need to do to finish ahead of everyone else. I don't get too emotional. I handle the pressure pretty well. At events people ask me if I'm nervous. I don't analyse it too much until it's time to go and then I'll get my head in the game. I'm just focused, not nervous. I know what I need to do, when, how and why. I'm very methodical in that sense. I'm just confident in my processes."

PUSHING TO THE LIMIT

As owner and head coach of Frankston CrossFit in Victoria, Forte – who is famous for his programming expertise and highly regarded as a skilled coach and mentor – balances the day-to-day demands of running a gym with his own exhaustive training schedule. At his level of competition there is no room for error. As such, Forte's training and recovery, nutrition and mental approach to fine-tuning his physique and contesting major events is highly specific and designed to elicit maximum return on investment.

"Everything I do is for a reason and has a goal behind it," he says. "I do all my own programming. I'm not



Forte's rigourous training routine is not for the faint-hearted...

scared to fail and I push to the limit every time. By just going through the motions, you don't get the results you need, especially at a high level year after year."

To further his progress Forte routinely modifies his training – he's not content to plod away with approaches through which he has achieved success in the past.

"There's always something new so I'm always looking for better ways to train," he says. "I don't feel the best ways are set in stone. With the lifting you need to push your limits constantly, otherwise you do flatten out a little."

Forte pushes his physique to the limit five to six days a week for three-hour stretches. Each session will begin with a series of Olympic lifts followed by a powerlift (squat, deadlift or bench press), all for singles or doubles for 10-15 sets per movement. After severely taxing his nervous system with multiple power movements using maximum weights, he'll summon the energy needed to complete a max set (one big set for as many reps as possible) incorporating a gymnastic discipline such as the pull-up or muscle-up. Forte's training continues with a CrossFit workout (one of countless workouts of the day – or WODs) lasting for up to 15 minutes. He'll finish his brutal session with an activity designed to complement the work he's just completed: if chest was targeted he may incorporate a series of band pull-aparts for back, "to balance things out".

CrossFit athletes are known to thrive on the rigorous nature of their chosen discipline and Forte is no exception. "I've done some pretty stupid workouts," he says. "Earlier this year I did 10 WOD workouts back-to-back, one every 10 minutes with no rest in between. I'd normally do one or two in a day so I wouldn't advise just anyone do this. It's more of a mental test than anything else."

Does the champ have a favourite exercise? "I'd say the thruster: a squat and press. You can do it with a barbell or dumbbells, anywhere. It gets your heart rate up, and develops strength and flexibility. It covers a lot of bases."

A WINNING FORMULA

Considering the exacting nature of his training, the mental approach which has enabled him to do the seemingly impossible and the amount of effort he's applied in the gym, year after year, it's no surprise that Forte has found a winning formula that has placed him among the top performers within the ultra-competitive world CrossFit community. In 2014 he achieved his biggest CrossFit milestone: an event win at the World CrossFit Games. It was the triple three – a three kilometre row, 300 double-unders and a three mile (4.8km) run. It took him 33 minutes and three seconds.

Despite his competitive success, Forte's greatest impact as a Cross-Fitter can be seen in the results of those who routinely follow his advice. As much a CrossFit advocate as he is a competitor, Forte recommends his chosen sport and training approach to anyone at any training level.

"CrossFit is a lot more enjoyable (compared to other training methods) because everything we do is measurable," says the elite trainer, who counts UFC hard man Vik Grujic among his many charges. "You see the results every day and everything we do is recorded and repeatable. Also the community environment... training with people who are like-minded is enjoyable. It doesn't matter what CrossFit gym you belong to. I've been to the US and it's the same sort of feel. That community feel is a big standout."

Entering a CrossFit gym for the first time can be daunting. For the uninitiated, the constant clanging of weights, the sense of urgency and competitive vibe that's encouraged among trainees, and the extremes to which the serious CrossFit athlete is expected to push themselves contrasts starkly with the comparatively relaxed environs of your local fitness centre, where selfies and social contact are as much as part of the scene as hard physical graft. But CrossFit training doesn't need to be overly intensive from the get go. Newcomers are encouraged to take it slow and master the basics before tackling the heavy iron.

"If you're fresh and haven't trained in a while, you'll be guided through each movement and will be encouraged to increase the intensity

"I'M ALWAYS LOOKING FOR BETTER WAYS TO TRAIN."





The numbers

AGE: ROB FORTE
AGE: 28
HEIGHT: 174 CM
WEIGHT: 88KG





CROSSFIT CHAMP

The World CrossFit Games will be held in California, US, from July 21-26, 2015. Follow Forte's progress at games.crossfit.com.

ROB'S FORTES

Forte has achieved some pretty impressive maxes in his CrossFit career.

EXERCISE	Maxes
Clean & jerk	325 lb (147.5kg)
Snatch	270lb (122.5kg)
Deadlift	485lb (220kg)
Back squat	418lb (189.5kg)
Max pull-ups	53

as your technique improves," says Forte. "As long as your coach backs things off and ensures you're moving well, you're in good hands. If they want you to go flat out and lift heavy weights from day one, I'd advise going somewhere else."

NEVER, EVER GIVE UP

The right mental approach is, according to Forte, the key to maximising athletic potential.

"To get the most out of training every day you need to put every bit of energy into it," he says. "If it doesn't quite go your way you need to have the mental capacity to assess what's happened, and think about it logically rather than getting upset.

"It's so easy to give up, especially if you've been doing it for a few years. If you're not seeing results in certain areas, rather than give in you need to keep finding ways to overcome that plateau to get to the next level. During training that it is biggest thing – having that positive attitude throughout."

As one of the world's fastest growing sports and training methods, CrossFit has been adopted by a wide cross-section of the fitness community, from elite athletes wanting to improve their sporting performance to the average housewife who wants to stay active and in shape. But the real drawcard could be CrossFit's ability to transform the average trainee into a finely-tuned human machine – a CrossFit athlete.

"For the aspiring competitor, CrossFit is exciting to watch, as the spectators also do it so have a real understanding of what the athletes are going through," says Forte. "I think there's a bigger connection there because they actually participate in the workouts during training and aspire to be at that level. In other sports, people like to watch but don't necessarily do it themselves. That's the difference."

As for Forte, as long as he continues to better his previous performances and help others to stretch their own limits of endurance, he'll continue to do his part to promote the ultimate fitness pursuit.

"The day-to-day training is what I enjoy most and the competition is a way for me to test it out," he says. "And I know it's going to help me as a coach later on when helping other athletes once I'm done competing. I guess I'll just keep repeating the process until I don't want to do it anymore. It's a learning experience for me." M&F


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LOSE FAT NOT MUSCLE

You want to strip fat, but not lose all those hard-earned gains? Here's what you need to know.

BY ALISON TURNER



DR TONY BOUTAGY'S TIPS TO KEEP MUSCLE BUT LOSE FAT

1 When in energy deficit, be wary of how much aerobic exercise you do and the amount of protein you eat – the higher the energy deficit, the more protein you need.

2 Don't create a negative energy balance every day of the week. This reduces metabolic rate. Between 2-5 days of deficit per week is ideal.

3 Don't cut calories all week and then have a "cheat meal" thinking that will return metabolic rate to normal. It may help increase metabolic rate but the damage is already done to your muscles.

4 On deficit days, aim to consume over 1.8g per kilogram of body mass of protein divided as evenly as possible throughout the day.

5 Add weight training on the day you're creating an energy deficit. Aim for a good high volume, high effort weights session followed by high quality protein.

It's one of the human body's most frustrating characteristics – its propensity to burn muscle over fat. But with the right approach, you can beat evolution and strip fat while still gaining lean muscle mass.

"The only way that fat can be used as a fuel source and reduced in the body is by creating a negative energy balance – you have to be consuming less energy than the body runs on," says Dr Tony Boutagy, a sports scientist and exercise physiologist (tonyboutagy.com). "And that's the problem with muscle tissue, because as soon as your body detects a negative energy balance, usually the first thing it does is to preserve its fat tissue and metabolise other things – typically you'll use up all your carbohydrate stores in your liver and muscle and then your body will start to use protein stored in muscle."

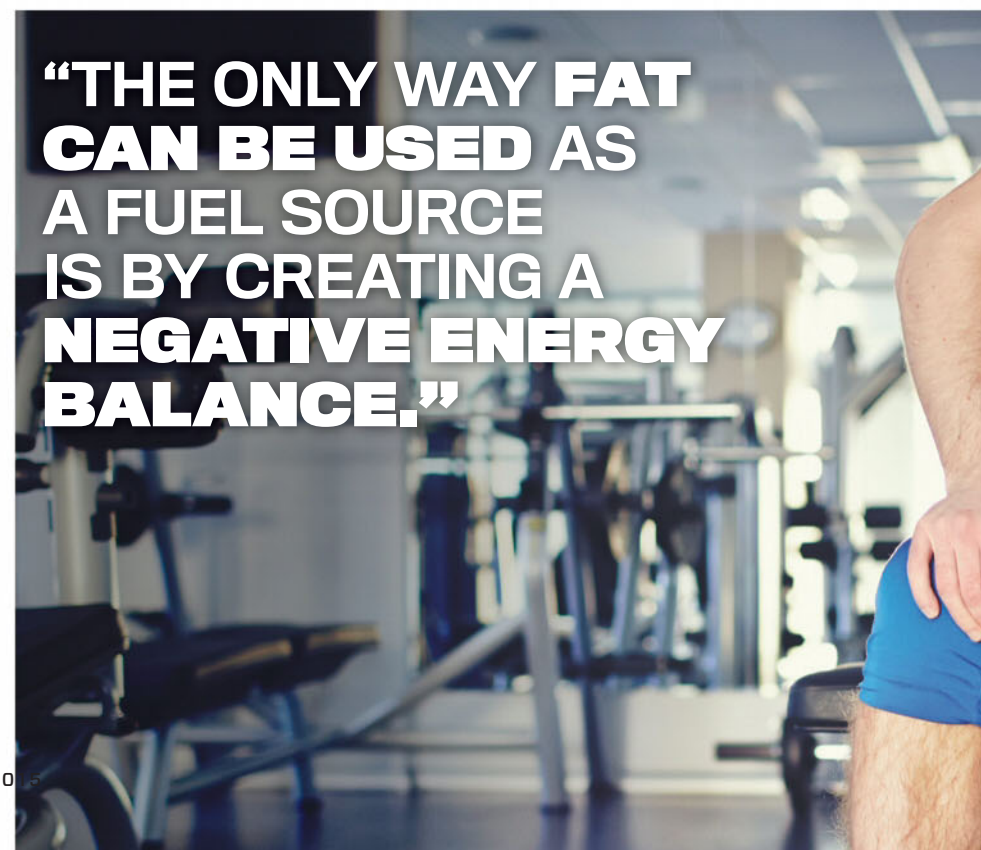
According to Dr Boutagy, genetics come into play as well. "There seems to be a very strong genetic component, where some people in negative energy balance will metabolise the protein in the muscle tissue much more readily than others," he says. So if you can't seem to hold onto your muscle when you're cutting fat, blame Mum and Dad!

THE MUSCLE-BURGLARS

Fad diets and overtraining are two major culprits when it comes to unwanted muscle loss.

"These days in particular I've seen – in people who are fascinated by things like intermittent fasting – huge amounts of lean tissue being lost," Dr Boutagy says. Other causes of muscle tissue loss include ageing – the older you are the quicker you lose it – and too much aerobic training and not enough resistance training. If you're not eating sufficient protein when you're in a caloric deficit, you can kiss that muscle goodbye, as well.

"Traditionally, it was viewed that, for every kilo you would lose, about 400g would be from muscle tissue," Dr Boutagy says. "But there's such an enormous variation now, with intermittent fasting and the kind of exercise that people do to create a negative energy balance.



"So if you were on a moderate to low protein diet, and you're doing a lot of aerobic exercise – which is not muscle-building stimulus – and you create an energy deficit, you can be sure that of the weight that you lose, there will be a high proportion coming from your muscle tissue."

DO THE RIGHT THING

So you're already training hard and eating lots of high-quality protein? You're definitely on the right track.

"The two most potent stimuli of preserving skeletal muscle when you're in energy deficit is weight training with sufficient intensity and volume – so reps over six using multiple sets, working to a high degree of failure or close to muscular failure – and regular protein consumption," Dr Boutagy says.

There have been a few recent Australian studies that have tried to address the issue of muscle vs. fat loss.

"Studies have put people into deficit, given them regular protein and regular resistance training and they have stopped that loss of muscle tissue," Dr Boutagy explains. "And that's remarkable, as you would expect to lose some degree of muscle when you're in energy deficit. Weight training by itself doesn't seem to fully preserve it – it's weight training with regular protein distribution."

According to Dr Boutagy, you don't need to eat a whole lot of protein to stimulate muscle growth or muscle retention.

"What you need is about 0.25g per kilo of bodyweight in protein, he says. "That's somewhere between 17-25 grams of protein for the average sized male.

"It doesn't sound like much but that's just in one feeding. And that also wears off in about three or so hours. So you need a dose of protein every three hours."

The rule of thumb here is to eat at breakfast, mid-morning, lunch, mid-afternoon and then a double dose – 0.5g protein per kilo – at dinner.

"That, with weight training, will rescue the muscle from being metabolised," Dr Boutagy says. "So if you are in calorie deficit, all your weight loss will, in theory, come from fat tissue." M&F



3 BIG DIET MISTAKES TO AVOID

1 NOT ENOUGH PROTEIN

If you're not getting enough protein you are literally robbing your body of potential size and strength. If you're training hard and are serious about packing on muscle mass, you need to eat high-quality protein regularly throughout the day

2 EATING BAD CARBS

How many carbs you eat in a day is not as important as what kind of carbs you eat. Eat complex carbohydrates which take more time for the body to break down and use, leading to a more even amount of energy rather than a spike.

3 SKIPPING MEALS

You can't skip breakfast and lunch, pig out at dinner and expect to grow in any way except round. Eat three meals and two snacks a day.

CONQUERING





British sports scientist Ross Edgley explains how resistance and bodyweight training can build a physique that looks as good as it performs.

CALISTHENICS

BY ROSS EDGLEY
PHOTOGRAPHY BY CHRISTOPHER BAILEY

BODYWEIGHT EXERCISES are as old as strength and conditioning itself. Elite fighting forces, from the Spartan army centuries ago to the SAS and US Navy SEALs today have used the humble push-up, lunge and chin-up to good effect.

In recent years calisthenics and other bodyweight-inspired training programmes have exploded in a big way, with gravity-defying street athletes such as Frank Medrano or Hannibal for King attracting huge interest. So why has this form of training survived when so many gimmicks and fads have failed, and how can you incorporate it into your schedule if you want to build muscle?

First, let's look at the benefits of calisthenics and then I've devised a workout combining bodyweight and resistance training to give you the best of both worlds.

BODYWEIGHT BENEFITS

1 BURN MORE CALORIES

There's nothing wrong with seated preacher curls or quad extensions, but neither require a huge amount of energy or encourage the muscle and joints to work cohesively. In contrast, a bar muscle-up, hanging leg raise or handstand shoulder press all require all the muscles in the body to work together. This isn't to say you should bid farewell to the preacher curl or quad extensions, but to quote research in the *Handbook of Sports Medicine and Science: Gymnastics*, "An increase in skill difficulty corresponds to the demand for higher mechanical energy." For this reason, it's worth including some calisthenics in your routine.

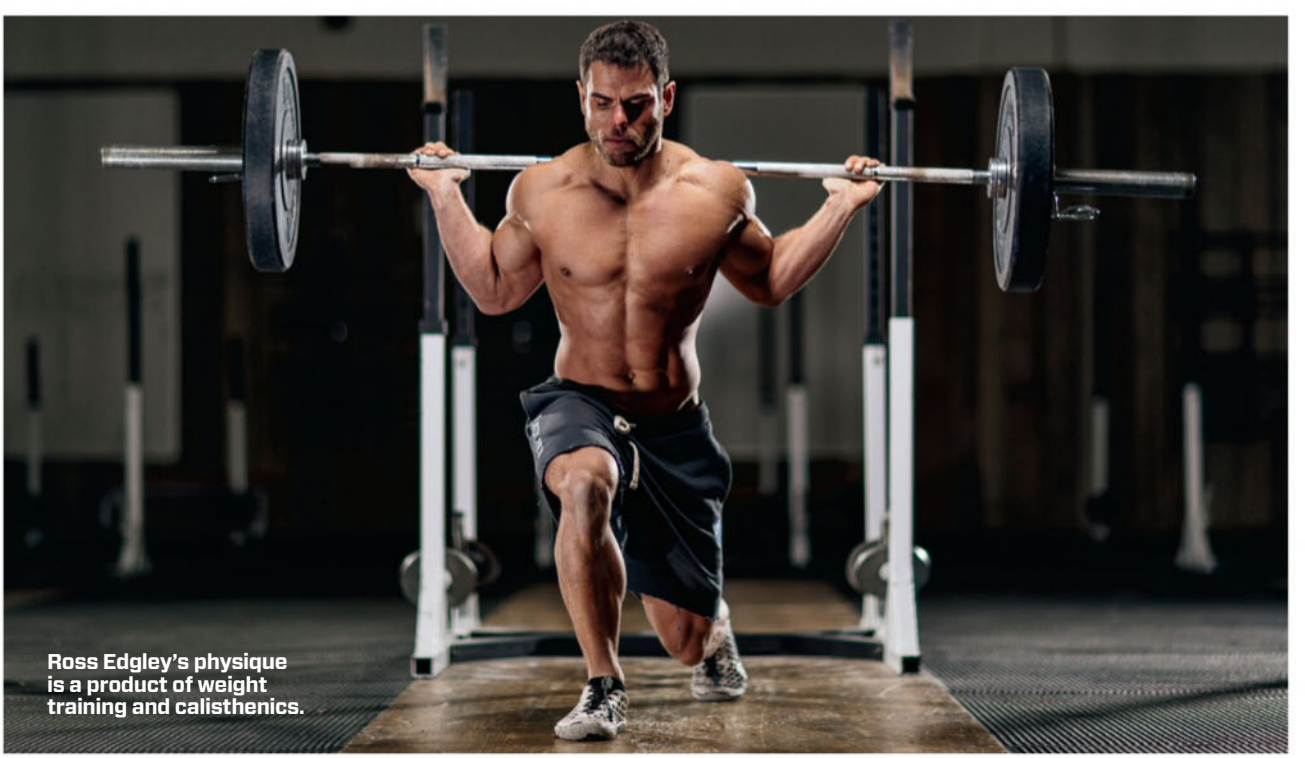
2 STRONGER CORE

A strong core is necessary to perform unstable, unilateral calisthenics exercises. Don't believe me? I bet you can do a heavy leg press with a relaxed core. Well, try a single-leg pistol squat with a relaxed stomach and you're guaranteed to end up on the floor. *The Journal of Strength and Conditioning* detailed how researchers measured the effectiveness of unstable and unilateral exercises to activate the trunk muscles.

Using electromyography technology, researchers tested the activity of the upper lumbar, lumbosacral erector spinae and lower-abdominal muscles. They found, "the most effective means for trunk strengthening should involve back or abdominal exercises with unstable bases". Unilateral resistance exercises were also found to strengthen the trunk. Both findings are ringing endorsements of bodyweight training.

3 BUILD MUSCLE

The most impressive aspect of watching a callisthenic expert is the control they have over their body. Like Olympic gymnasts, they're more interested in activating the muscles and keeping them under



Ross Edgley's physique is a product of weight training and calisthenics.

tension for a period of time, rather than worrying about sets and reps.

Researchers at Gothenburg University in Sweden discovered how effective this type of training is when they analysed what type of rep range, volume and intensity builds the most muscle. They concluded that lifting a moderately heavy weight – approximately 60-75 percent of your one-rep max – and working to failure produced the best results for muscle growth.

This isn't to say lifting max loads is without its merits but it does show the sub-maximal nature of bodyweight exercises can be highly effective. It also explains why, despite training for functionality, gymnasts boast arguably the most aesthetically pleasing physiques and why YouTube sensation Kali Muscle can perform 14 muscle-ups while weighing 115kg.



Handstand push-ups are a great way to build upper body without weights.

4 DIFFERENT TRAINING STIMULI

Our bodies are adaptive, which means loading our musculoskeletal system above its habitual level will bring about positive changes to the body in terms of strength, endurance, mobility and power, depending on the training methodology used.

For this reason renowned Soviet athletics coach Dr Yuri Verkhoshansky – considered by many to be the greatest strength and conditioning coach ever – encouraged his athletes to bend the rules of the traditional "repetition/weight scheme" favoured by so many lifters. He said the table over the page indicated what rep ranges were most effective for strength, power, hypertrophy and endurance but if you wanted optimal results you had to expand on this and take a more varied approach.

This is where bodyweight training comes in: it's the ultimate varied workout where weight, range of movement and many other factors change constantly. It adapts automatically as you improve.

5 SEAL OF APPROVAL

The US Navy SEAL Physical Fitness Guide devotes an entire chapter to calisthenics, saying it's a "traditional and integral part of the SEAL's training program."

The guide describes muscle strength as "the amount of force generated by one repetition" and muscle endurance as, "the ability to exert force repeatedly over time". It adds that the two exist on a continuum so improving one will also improve the other. Calisthenics, the guide says, develops muscular endurance, and the exercises "can be modified to overload the muscles so that they contribute to strength development" too. Wearing a weighted pack, exercising only one side of the body, elevating the legs during push-ups and doing supersets or pyramids are all training tools listed for SEALs and feature in the following hybrid workout I've devised. *(See over page)*

TRY THIS PROGRAMME

Inspired by the kind of bodyweight training used by gymnasts and US Navy SEALs, I have created the following programme to improve both the functionality and appearance of your physique. It's divided into push, pull and leg sessions and alternates bodyweight calisthenics with conventional resistance training to provide varied stimuli for optimal results.

TRAINING APPROACHES

VARIABLE	STRENGTH	POWER	HYPERTROPHY	ENDURANCE
Load (% of 1RM)	80-100	70-100	60-80	40-60
Reps	2-5	1-5	8-15	25-60

MONDAY

CHEST / SHOULDERS / TRICEPS

EXERCISE	SETS	REPS
Clap push-up	5	5
Wide-grip push-up with isometric hold*	5	12
Single leg push-up	4	12
T-press-up	4	12
Handstand push-up drop set Elevated push-up drop set Standard push-up	2	5

*Use a 3-5-1 tempo

TUESDAY

LEGS / ABS

EXERCISE	SETS	REPS
Squat	5	10
Hamstring curl	5	20
Dumbbell walking lunge	4	15*
Calf raise	5	20
Swiss ball jackknife	5	12

*15m lunges + 15m reverse lunge

WEDNESDAY

BACK / BICEPS

EXERCISE	SETS	REPS
Bar muscle-up*	5	5
Wide-grip pull-up	3	10
Reverse ring flye	3	12
Close-grip pull-up with isometric hold	5	8**
Ring biceps curl with isometric hold	5	12**

*Beginners should use dynamic pull-ups
**Use 3-5-1 tempo

THURSDAY

REST

FRIDAY

CHEST / SHOULDERS / TRICEPS

EXERCISE	SETS	REPS
Bench press	5	5
Seated Shoulder press	3	10
Dumbbell flye	3	20
Triceps extension	3	10
Lateral raise	3	15

SATURDAY

LEGS / ABS

EXERCISE	SETS	REPS
Jump squat*	5	5
Squat with isometric hold	5	20**
Unilateral hip raise with isometric hold	5	12**
Hanging windscreen wipers	3	12
Plank	3	60 secs

*Box jumps can be a substitute **Use 3-5-1 tempo

SUNDAY

BACK / BICEPS

EXERCISE	SETS	REPS
Deadlift	5	5
Single-arm bentover row	5	12
Standing preacher curl	5	20
Concentration curl	3	12
Dumbbell shrug	3	10



Edgley performs wide-grip pull-ups for back.



NO PAIN STILL GAIN

THE WEAR AND TEAR OF TRAINING HARD AND HEAVY IS REAL. WHETHER YOU'RE ALREADY EXPERIENCING JOINT PAIN OR WANT TO PREEMPTIVELY GIVE YOUR BODY A BREAK WHILE STILL MAKING PROGRESS, THIS IS THE PROGRAM FOR YOU.

BY JUSTIN GRINNELL /// PHOTOGRAPHS BY EDGAR ARTIGA

As a lifter, new or seasoned, you will face a time when the constant pounding of the weights will take its toll. Most of us have built the foundations of our strength and size with a barbell. Going heavy on the squat, deadlift, bench press, overhead press and barbell row has made up the backbone of our routines for good reason: they work. But after a while, your body will start to rebel against you. Aching in your joints will start to hinder your progress. Your strength will start to plateau, and building muscle will be a struggle. If you continue to lift this way with joint pain, you'll end up hurt.

The key to dealing with any training injury is to work as hard as you can on exercises that won't cause joint pain and will help you recover. The truth is, you can still build strength and muscle mass without the barbell. By implementing more work with machines and cables, you can keep joint pain at bay and set yourself up for success without having to stop training. Here's how it's done.



CABLE LATERAL RAISE

You can do two arms at once to save time, but doing cable lateral raises one arm at a time allows you to focus on the strength of each shoulder. Squeeze each rep at the top.

PROGRAM KEYS

JOINT MOBILITY

Maintaining proper joint range of motion is key for any athlete, and not just because it's "healthy" in some vague sense of the word. By incorporating a sound dynamic warm-up that focuses on improving range of motion in the hips, shoulders and thoracic (upper) spine, you don't just help reduce the risk of injury, you will actually improve your performance.

SYMMETRY WORK

Barbell exercises are typically done with both sides of the body at a time (bilateral). Over time, this type of training can cause you to develop muscle imbalances. In order to balance out both sides of the body and improve your core strength, you need to include some unilateral training in your routine. Machines, cables and dumbbells work well for this goal.

INTENSITY TECHNIQUES

There are three major ways you can build muscle: mechanical tension (lifting heavy), metabolic stress (think: going for the pump with high reps) and muscular damage (with long eccentrics and high volume). To compensate for a lack of mechanical tension with a barbell, increase the other two.

GROOMING BY KRISTEN RUGGIERO

DYNAMIC WARM-UP

Perform the following exercises straight through before the start of each workout.

EXERCISE	REPS
Foam roller back	5
Foam roller glutes	5
Knee-hug-to-chest into walking lunge	5 each side
Toe-touch squat	10
Push-up	10
Lateral lunge with arms overhead	5 each side
Jump rope	2 mins



THE WORKOUTS

▶ DIRECTIONS:

Perform each workout on the days of the week prescribed. If you're not able to fit them in on these days, just make sure to space them out as much as possible. Perform any exercises labeled with letters A, B, C, etc, in sequence with minimal rest.



MACHINE PREACHER CURL

Because the machine is stabilised, these preacher curls may feel easy compared with a regular EZ-curl bar. But the stabilised set-up allows you to keep the focus entirely on your biceps and utilise long negatives without pain in your shoulders or elbows.

SHOT ON LOCATION AT MATRIX FITNESS CLUB, ASTORIA, NY

LEGS

DAY 1 MONDAY

EXERCISE	SETS	REPS	REST*
1 Dumbbell goblet squat**	4	10	90
2 Dumbbell straight-leg deadlift**	4	10	90
3A Lying leg curl***	3	8/8/8	–
SUPERSET WITH			
3B Hanging leg raise	3	8	90
4A Seated calf raise	3	10	–
SUPERSET WITH			
4B Standing calf raise	3	20	90

*Based on seconds.
**Focus on a slow negative (eccentric motion), lowering the weight for four seconds.
***You will perform a set with a weight that you can handle for eight reps. Immediately drop the weight by 20 per cent and perform eight more reps. Do this once again for a total of three times.



SEATED CALF RAISE
No matter how much volume you use, calves won't respond unless your reps are high quality. Hold each rep for a three count at the top, then slowly lower the weight.



MACHINE SHOULDER PRESS

The range of motion in your shoulder joint opens you up to a host of potential injuries when pressing overhead. The machine press greatly reduces that risk.

CHEST, SHOULDERS, TRICEPS

DAY 2 TUESDAY

EXERCISE	SETS	REPS	REST*
1 One-arm DB chest press**	3	8	90
2 Cable lateral raise	3	10	90
3 Machine shoulder press***	3	8/8/8	120
4 Push-up	3	Failure	120
5A Rope overhead extension	3	15	–
SUPERSET WITH			
5B Dumbbell suitcase carry	3	30m each side	60

*Based on seconds.
**Focus on a slow negative (eccentric motion), lowering the weight for four seconds.
***You will perform a set with a weight that you can handle for eight reps. Immediately drop the weight by 20 per cent and perform eight more reps. Do this once again for a total of three times.

BACK, BICEPS

DAY 3 THURSDAY

EXERCISE	SETS	REPS	REST*
1 One-arm machine row	4	10-12	90
2 Machine or cable lat pulldown **	4	10-12	90
3 Machine pullover***	3	8/8/8	120
4A Ab-wheel rollout	3	8	–
4B Machine preacher curl	3	8	–
4C One-arm cable curl	3	8	–
4D Dumbbell suitcase carry	3	30m each side	120

*Based on seconds.
**Focus on a slow negative (eccentric motion), lowering the weight for four seconds.
***You will perform a set with a weight that you can handle for eight reps. Immediately drop the weight by 20 per cent and perform eight more reps. Do this once again for a total of three times.



ONE-ARM MACHINE ROW
Unilateral training doesn't just let you focus on one muscle at a time to get a better pump, it also helps balance your body's strength and mass. Correcting muscle imbalances will go a long way towards preventing and alleviating joint pain.



MACHINE CHEST PRESS
You can get a good pump while keeping stress off your elbows and shoulders by stopping the movement just shy of a full lockout, as shown.

TOTAL BODY

DAY 4 SATURDAY

EXERCISE	SETS	REPS	REST*
1A Walking lunge	3	8 each side	–
1B Chin-up	3	8	–
1C One-arm dumbbell shoulder press	3	8 each side	120
2A Machine squat**	3	10-20	–
2B One-arm machine or cable row	3	10-20	–
2C Machine chest press***	3	8/8/8	120
3A Cable triceps pushdowns	3	10-20	–
3B Cable straight-bar biceps curl	3	10-20	–
3C Machine donkey calf raise	3	10-20	120

*Based on seconds.
**Focus on a slow negative (eccentric motion), lowering the weight for four seconds.
***You will perform a set with a weight that you can handle for eight reps. Immediately drop the weight by 20 per cent and perform eight more reps. Do this once again for a total of three times.

CARDIO

Do two to three cardio sessions each week on an off day or after one of the workouts. Alternate between the two cardio workouts.

▶ INTERVALS

Perform eight rounds of 30 seconds of high-intensity work and alternate it with 60 seconds of low-intensity work. This can be done on a treadmill, StepMill or rower, or outdoors running or on a bike.

▶ STEADY STATE

Perform 30 to 45 minutes of moderate-intensity cardio. This can be done on a treadmill, StepMill or rower, or outdoors running or on a bike.



MACHINE SQUAT

Get as low as you can without rounding your back. Foot position is the other big key; setting your feet high on the platform will be easier on your knees as you descend and will engage your glutes and hamstrings more. M&F

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Upscale dining



Fish is known as one of the cleanest and healthiest protein sources in the world – and it's easier to cook than you ever realised. With these recipes, it's also more delicious, too.

BY CHEF GAVAN MURPHY
PHOTOGRAPHS BY TRAVIS RATHBONE

SEAFOOD PROVENÇALE

SERVES 4

1 tbsp olive oil
1 medium red onion, thinly sliced
1 medium red capsicum thinly sliced
1 medium yellow capsicum, thinly sliced
2 tbsp minced garlic
500g fresh tomatoes, chopped
1 cup vegetable stock or water
700g mussels, washed
1 cup white wine
1 cup seafood stock
500g littleneck clams, washed
Zest of 1 lemon
10 fresh jumbo scallops
Salt and pepper, to taste
500g medium prawns, peeled and deveined
2 tbsp chopped fresh basil

1) Heat oil in pan, sauté onion, capsicum and 1 tbsp garlic over medium heat for 15 minutes. Add tomatoes and vegie stock; simmer.
2) In another hot fry pan, add mussels, ½ tbsp garlic, ½ cup wine and ½ cup seafood stock. Cover and cook mussels until all shells open. Drain in a colander and reserve remaining liquid. Repeat process with clams.
3) Strain reserved mussel and clam liquid; add liquid and lemon zest to tomato sauce.
4) Season scallops with salt and pepper and sear in a sauté pan 30 seconds each side; set aside. Sear shrimp in same pan 2 minutes each side. Add seafood to sauce; simmer 20 minutes on medium-low. Add basil; stir.

MACROS PER SERVING

746	68g	39g	14g
CALORIES	PROTEIN	CARBS	FAT





CHEF'S TIP
The easiest way to see if your fish is cooked through is to pierce it, very carefully, with a small knife in the centre of the fish. Remove and gently touch your lip with the end of the knife. If it feels hot, the fish is done.

SESAME GLAZED SALMON

SERVES 2

Olive-oil spray
2 (170g) wild salmon fillets
1 tbsp wholegrain mustard
1 tbsp agave nectar
¼ tsp balsamic vinegar
¼ tsp dried chilli flakes
¼ tsp toasted sesame oil
½ tsp finely chopped Thai basil (optional)

FOR GREEN BEANS:
500g green beans, trimmed
4 tsp chopped fresh dill
1 tbsp minced shallot
1 tbsp extra virgin olive oil
1 tbsp lemon juice
1 tsp wholegrain mustard
¼ tsp salt
¼ tsp freshly ground pepper

DIRECTIONS FOR SALMON:
1) Preheat oven to 215°C.
2) Cover an oven tray with aluminium foil and spray with olive oil spray.
3) Place the salmon, skin-side down (if you have the skin on) on the oven tray.
4) In a bowl, mix together mustard, agave, vinegar, chilli flakes, sesame oil and basil. Pour on top of salmon. Bake for about 10 minutes, or until the salmon reaches an internal temperature of 70°C.

DIRECTIONS FOR GREEN BEANS:
1) Bring 2 ½ cm of water to a boil in a large sauté pan. Add green beans, cover, and cook until tender-crisp, about 2–3 minutes. Remove from heat and keep warm.
2) In a bowl, whisk together dill, shallot, oil, lemon juice, mustard, salt and pepper. Add the still-warm green beans and toss to coat. Cover. Let stand for 5 minutes before serving to blend flavours.

MACROS PER SERVING

599	63g	27g	27g
CALORIES	PROTEIN	CARBS	FAT



CHEF'S TIP
Serve with apple-mint slaw for a refreshing side: combine 2 cups peeled, julienned Granny Smith apple; 1 tbsp chopped fresh mint; the zest and juice of ½ lemon; and a pinch of salt.

MANGO-JALAPEÑO CRAB CAKES

SERVES 4

- 1 tbsp olive oil
- ¼ cup finely diced red capsicum
- 2 tbsp finely chopped jalapeño pepper, seeded
- 1 cup bread crumbs
- 3 tbsp chopped fresh coriander
- 2 tbsp finely chopped chives
- 1 cup finely diced mango
- 1 whole egg
- 2 egg whites
- Zest of 1½ lemons
- Salt and pepper, to taste
- 500g fresh crab meat
- Olive oil spray

1) Preheat a small fry pan over medium-low heat for 1 minute. Add olive oil and sauté red capsicum for 3 minutes or until soft. Remove from heat and set aside to cool.
2) In a large bowl, combine all remaining ingredients except crab and olive oil spray. Once red capsicum has cooled, add to mixture along with crab and combine.
3) Using a ¼ cup measuring cup, make individual crab cakes. Set aside.
4) Preheat a large fry pan over medium heat. Spray with olive oil spray and sear each cake for 3-4 minutes on each side or until golden brown and warmed through.

MACROS PER SERVING

308	32g	26g	8g
CALORIES	PROTEIN	CARBS	FAT

FOOD & PROP STYLING BY ROSCOE BETSILL



ASIAN STEAMED BARRAMUNDI

SERVES 4

175ml mirin
175ml sake
2 tbsp minced fresh ginger
2 medium zucchini
2 medium yellow squash
2 medium carrots
Drizzle of olive oil
4 (115g) barramundi fillets
Salt and white pepper, to taste
½ cup chicken or vegetable stock

1) In a saucepan, stir together mirin, sake and ginger. Set on medium-low heat and cover until needed.
2) Slice zucchini, squash, and carrots lengthwise, ½-cm thick. Then cut into thin strips to form spaghettilike strands. Set carrots aside.
3) Preheat a fry pan over medium heat. Add a drizzle of olive oil and sauté carrots for 1 minute.
4) Season the fish with salt and white pepper, add to mirin mixture and cover. Steam for 10-12 minutes, or until firm.
5) Add stock to carrots and bring to a boil, then reduce heat.
6) Add zucchini and squash to carrots, season with salt and white pepper, and cover. Simmer until tender; the vegetables should still hold their spaghetti shape, so be careful not to overcook.
7) Remove all food from heat. Arrange vegetables on plate, top with fish and serve.

MACROS PER SERVING

320	30g	31g	4g
CALORIES	PROTEIN	CARBS	FAT

ROASTED HALIBUT

SERVES 4

500g halibut, cut into 4 portions
Salt and pepper, to taste
Drizzle of grapeseed oil
Drizzle of olive oil
500g cherry tomatoes
2 cloves garlic, minced
½ cup white wine
½ cup chicken or vegetable broth
¼ cup kalamata olives, pitted and halved
85g marinated artichokes
Zest of ½ lemon

1) Preheat a fry pan over medium-high heat. Season fish with salt and pepper. When the pan is hot, add a drizzle of grapeseed oil. Sear fish until golden brown, about 3-4 minutes each side.
2) Remove the fish and place in a foiled roasting tray.



3) Wipe out the fry pan with a paper towel and place it over medium heat. Add a drizzle of olive oil. Once hot, add whole cherry tomatoes and sauté until they begin to blister, about 3–4 minutes.
4) Add garlic to tomatoes and sauté for 20 seconds. Deglaze (a flashy term for "add liquid to") the pan with wine and stock; bring to a boil, then reduce heat and simmer for 3–4 minutes.
5) Preheat oven to 200°C. Cook fish for 5–6 minutes, or until firm.
6) While fish is cooking, finish the sauce: add olives, artichokes and lemon zest to the pan with the tomatoes; cook for 5 minutes.
7) Once the fish is cooked, remove from oven and let sit for 3–4 minutes. If any juice comes out, add it to the sauce.
8) Set fish on plate and spoon sauce over it. If desired, serve the fish on a bed of wilted spinach.

MACROS PER SERVING

355	28g	8g	22g
CALORIES	PROTEIN	CARBS	FAT

CHEF'S TIP
Wait to season your fish until you're ready to sear. If you let salt sit on fish, it will pull out moisture.





CAJUN FLATHEAD TACOS

SERVES 4

FOR SALSA:
1 red tomato, diced
2 tsp finely diced red onion
2 tbsp chopped fresh coriander
2 tbsp fresh lime juice
Salt and pepper, to taste

FOR SLAW:
2 tbsp red wine vinegar
2 tbsp Dijon mustard
2 tbsp chopped fresh coriander
4 tbsp olive oil
1 tsp agave nectar
2 cups shredded cabbage or pre-packaged coleslaw mix

FOR FISH:
Drizzle of olive oil
500g flathead fillets
Cajun rub of your choice
8 corn tortillas
1 avocado, diced

1) Make the salsa: in a bowl, combine all the salsa ingredients. Set aside.
2) Make the slaw: in a bowl, whisk together vinegar, mustard, coriander, olive oil and agave. Add the cabbage, toss, and refrigerate until needed.

CHEF'S TIP
A lot of fish tacos have a mayo-based sauce; this is more like a vinaigrette, which has a cleaner taste and is much healthier.

3) Prepare fish: preheat a grill pan over high heat. Drizzle with olive oil. Season fish with Cajun rub on both sides. Cook fish for about 4 minutes on each side or until firm to the touch.
4) Warm the tortillas in a pan.
5) To assemble tacos, add slaw to tortillas, then layer with fish and salsa. Top with avocado. M&F

MACROS PER SERVING

476	26g	32g	29g
CALORIES	PROTEIN	CARBS	FAT

(Real) POWER FOOD

THE WORLD'S BIGGEST AND MOST RIPPED CHEF DIDN'T GET HIS PHYSIQUE BY EATING BORING OLD CHICKEN AND BROCCOLI.

BY ROBERT IRVINE

These meals don't just satisfy all the right macros for building muscle and burning fat – they are seriously delicious. A word of warning: try one of these and you might never be able to eat a plain sweet potato again.



COURTESY OF MICHAEL IRVINE; ANDREW PURCELL; FOOD STYLING BY CARRIE PURCELL





Eating fish like red snapper - which is rich in omega 3 fats - two to three times a week can significantly lower your risk of heart attack, depression, stroke, Alzheimer's and diabetes.

RED SNAPPER WITH WHITE WINE AND MUSHROOMS

YIELDS 4 SERVINGS

INGREDIENTS

- **1 tbsp** grapeseed oil
- **1½ tsp** salt
- **1½ tsp** ground white pepper
- **½ cup** plain flour
- **4** (170–200g) red snapper fillets; skin on, boneless
- **1 cup** white wine, such as chardonnay
- **2 cups** low-sodium vegetable stock
- **1 cup** fresh mushrooms, quartered
- **1 tbsp** fresh parsley, minced
- **1 tbsp** fresh thyme, minced
- **1 tbsp** fresh rosemary, minced
- **1 tbsp** fresh garlic, minced
- **60g** unsalted butter

NUTRITIONAL INFO

CALORIES **344**

PROTEIN **15G**

CARBS **9G**

FAT **26G**

DIRECTIONS

1 Heat oil in a fry pan over medium-high heat until almost smoking.

2 Add salt and pepper to flour; coat both sides of each fillet.

3 Sauté fillets until golden brown for 2–3 minutes each side, then keep warm on a plate covered with foil until ready to serve.

4 Add wine to the pan to deglaze, and allow liquid to reduce by half, 3–4 minutes; add stock and reduce by three-quarters, 4–5 minutes.

5 Add mushrooms, herbs and garlic. Stir and reduce by half, 2–3 minutes. Remove from heat and whisk in butter.

6 Plate fillets, top with pan sauce and serve. Enjoy!

CUBAN FLANK STEAK

YIELDS 4 SERVINGS
CALORIES: 1222 PROTEIN: 95G CARBS: 4G FAT: 90G

INGREDIENTS

FOR DRY RUB

- **1 tbsp** salt
- **2 tbsp** cumin
- **2 tbsp** paprika
- **2 tbsp** garlic powder
- **1 tbsp** crushed red pepper
- **2 tbsp** Cajun seasoning

FOR CHIMICHURRI

- **1** bunch coriander
- **1** bunch parsley
- **1** dash crushed red pepper
- **3** garlic cloves
- **1 cup** grapeseed oil
- Juice of **1** lemon
- Zest of **2** lemons
- **1 tbsp** red wine vinegar
- **2 tbsp** water

FOR STEAK

- **140g** flank steak
- **1** brown onion, cut into ½-cm rings
- **2** tbsp grapeseed oil
- Salt and pepper
- **12** lime wedges
- **½** bunch coriander

DIRECTIONS

1 Combine all dry rub ingredients in a mixing bowl.

2 Place all chimichurri ingredients in a blender. Mix until almost smooth.

3 Preheat the grill and season steak on both sides with rub. Brush onions with oil and season with salt and pepper. Place steak on grill and cook to desired doneness. Add onions when steak is almost done.

4 Once done, let steak rest while grilled onions are placed into a mixing bowl. Squeeze 6 lime wedges on top of onions. Add half the coriander sprigs.

5 Slice meat on a bias and arrange on a platter with onions on top. Drizzle with chimichurri; garnish with remaining coriander and lime.

NICK FERRARI; FOOD STYLING BY COREY BELLE



When **trimmed of fat**, pork chops can have a comparable macro profile to white-meat chicken.

PORK CHOPS & APPLE HASH YIELDS 6 SERVINGS

INGREDIENTS

BRINE

Juice of **1** lime

Juice of **1** lemon

Juice of **1** orange

2 tbsp salt

1 tbsp fennel seed

2 litres water

PORK CHOPS

6 (225g) boneless pork chops

2 tbsp grapeseed oil

APPLE HASH

2 tbsp grapeseed oil

2 cups potatoes, sliced

1 cup red onions, sliced

2 cups apples, sliced

1 tsp Tabasco

DIRECTIONS

1 Combine brine ingredients and simmer over medium heat for 20 minutes. Allow to cool, add chops, and refrigerate for 4–8 hours.

2 Heat 2 tbsp of grapeseed oil in a sauté pan over high heat, add potatoes and cook for 6–8 minutes. Add onions and continue cooking for 3–4 minutes. Turn the heat down, stir in apples, cook for 4 more minutes, then add Tabasco and stir.

3 In a hot fry pan, add 2 tbsp grapeseed oil. Add chops and sear for 6–7 minutes per side until golden brown. Serve chops with apple hash.

NUTRITIONAL INFO

CALORIES **468**

PROTEIN **60**

CARBS **17G**

FAT **15G**

ANDREW PURCELL; FOOD STYLING BY CARRIE PURCELL



CHICKEN SKEWERS

YIELDS 6 SERVINGS

NUTRITIONAL INFO

CALORIES	PROTEIN
312	29G
CARBS	**FAT**
28G	10G

INGREDIENTS

CHICKEN & MARINADE

- **2 cups** plain, low-fat yoghurt
- **2 tbsp** lemon juice
- **1 tbsp** cayenne pepper
- **1 tbsp** ground cumin
- **1 tbsp** fresh ginger, minced
- **1 tbsp** ginger juice
- **2 tbsp** cinnamon
- Salt, to taste
- **1 tsp** white pepper
- **1kg** chicken breasts and thighs, diced

SAUCE

- **2 tbsp** butter
- **2 tbsp** garlic, minced
- **2 tbsp** jalapeño pepper, seeded and finely diced
- **1 tbsp** cumin
- **1 tbsp** salt
- **1 tbsp** smoked paprika
- **2 cups** tomato purée or paste
- **1 cup** half milk and half cream
- **½ cup** reduced-fat sour cream
- **14-16** 15cm skewers

DIRECTIONS

1 To prepare chicken and marinade, blend yoghurt, lemon juice, cayenne, cumin, ginger, ginger juice, cinnamon, salt and pepper in a bowl.

2 Add chicken and allow meat to marinate for at least 30 minutes. Do not over-marinate.

3 To prepare sauce, melt butter in a large heavy fry pan over medium heat.

4 Sauté garlic and jalapeño for 1 minute. Season with cumin, salt and paprika.

5 Stir in tomato purée, milk and cream mix and sour cream. Simmer on low heat, about 20 minutes, until sauce thickens.

6 Preheat grill to medium-high.

7 Thread chicken onto skewers and grill on first side for 3-4 minutes. Flip and repeat. Once cooked on the second side, brush both sides with warm sauce and garnish with chopped green onions or coriander if desired.

SEARED RIB EYE & DIRTY RICE

YIELDS 4 SERVINGS CALORIES: 775
PROTEIN: 59G CARBS: 76G FAT: 25G

INGREDIENTS

SALSA VERDE

- **2** large green tomatoes
- **¼ cup** fresh coriander leaves
- **¼ cup** small brown onion, diced
- **2** tbsp white balsamic
- **1** tbsp garlic, minced
- **1** tbsp grapeseed oil
- **2** jalapeños, seeded
- Salt and pepper

DIRTY RICE

- **1 tbsp** grapeseed oil
- **½ cup** small yellow onion, diced
- **1 cup** cooked black beans
- **2 tbsp** small carrots, diced, previously boiled, semi-soft
- **½ cup** tomato juice
- **3 cups** cooked white or brown rice
- **½ cup** celery leaves, tips only
- **1 tbsp** Cajun spice

STEAKS

- **2 tbsp** grapeseed oil
- **4** (225g) rib eye steaks, trimmed
- **1 tbsp** salt
- **1 tsp** freshly ground black pepper

DIRECTIONS

1 Dice tomatoes, then purée them in a food processor or blender.

2 Add coriander, onion, balsamic, garlic, oil and jalapeños to the mixture and purée again. Season with salt and pepper. Place in the refrigerator for at least 1 hour to allow the flavours to merge. Warm grapeseed oil in a fry pan over medium-high heat. Add onions and cook, stirring until they're translucent, about 3-4 minutes.

3 Add cooked beans and carrots and allow to warm.

4 Add tomato juice and reduce the heat to medium-low. Cook until juice has reduced to ¼ cup, for 3-4 minutes.

5 Add rice. Warm mixture to blend the flavours over medium-low heat for 5 minutes.

6 Once rice has warmed and juice has finished reducing, remove from heat and add celery leaves. Taste and season to preference with Cajun spice.

7 Warm oil in a large fry pan over high heat for 1-2 minutes. Season steaks on both sides with salt and pepper, then add them to pan. Reduce to medium-high heat, and cook for 3-4 minutes. Flip steaks and repeat.

8 Remove steaks from pan and allow them to rest for a few minutes. Serve over dirty rice and finish with salsa verde.



TOP: GORMAN STUDIO; FOOD STYLING BY ADRIENNE ANDERSON; BRAD BRIDGERS; FOOD STYLING BY MICAH MORTON

BBQ GLAZED SALMON YIELDS 1 SERVING

INGREDIENTS

BBQ SAUCE

1 tbsp tomato sauce

1 tsp brown sugar

1 tsp rice wine vinegar

½ tsp Worcestershire sauce

½ tsp stone-ground mustard

BLACK-BEAN COMPOTE

1 tsp grapeseed oil

1 tbsp small red onion, diced

1 tbsp small capsicum, diced

1 tbsp tomatoes, diced

½ cup canned black beans, rinsed and drained

Salt and freshly ground black pepper

2 tsp red wine vinegar

1 tsp fresh parsley, minced

2 tsp coriander, minced

SALMON

Oil for grilling

1 (170g) salmon fillet

Salt and freshly ground black pepper

DIRECTIONS

BBQ SAUCE

Whisk together all ingredients in a bowl, add to a saucepan and cook over low heat for 5–6 minutes or until the flavours have blended. Set aside.

BLACK-BEAN COMPOTE

Heat oil in a saucepan over medium-high heat until on the verge of smoking. Add onions and cook, stirring frequently, until onions are slightly translucent, about 5 minutes. Reduce the heat to medium. Add capsicum, tomatoes, beans, salt and pepper to taste, and cook for 9–10 minutes. Remove from heat, add vinegar, parsley and coriander and stir.

SALMON

1 Preheat a gas or charcoal grill to medium-high heat. Coat the grill plates with oil to prevent sticking.

2 Season salmon fillets with salt and pepper, and grill for 7–8 minutes on the first side. Carefully flip over fillets and continue cooking for 5–6 minutes. Once cooked, remove and glaze with BBQ sauce.

3 Spoon black-bean compote onto the centre of a plate and top with glazed salmon. M&F

NUTRITIONAL INFO

CALORIES	PROTEIN	CARBS	FAT
534	19G	37G	51G

Use the leftovers

Dice the salmon, mix with light mayo and barbecue sauce, and spread over wholemeal toast.



BRAD BRIDGERS; FOOD STYLING BY MICAH MORTON



STEAK AU POIVRE WITH MUSHROOMS

YIELDS 6 SERVINGS

INGREDIENTS

- **¼ cup** + **2 tbsp** grapeseed oil
- **2** shallots, julienned
- **500g** cremini mushrooms, quartered
- **500g** shiitake mushrooms, stemmed and quartered
- **90ml** brandy
- **1 tsp** fresh thyme, chopped
- **90ml** heavy cream
- **6** (225g) strip steaks
- **4 tbsp** cracked black pepper
- Sea salt

NUTRITIONAL INFO

CALORIES	PROTEIN	CARBS	FAT
686	72G	15G	33G

DIRECTIONS

1 Heat a large fry pan over medium-high heat. Add 2 tbsp of grapeseed oil, then add shallots and all the mushrooms. Cook for 3–4 minutes, until mushrooms are slightly caramelised. Deglaze carefully with brandy. (It can catch fire.)

2 Add thyme and heavy cream. Continue to cook mushroom-shallot mixture, and allow cream to reduce in pan for 3–4 minutes. Season with salt and pepper. Set aside.

3 Heat 2 large pans on high heat, and split ¼ cup of oil between the pans. Crust steaks with cracked black pepper on one side only. Season with salt. Place steaks in the hot pans, crust-side down, and sear for 3 minutes.

4 Flip steaks and sear for another 3 minutes. Reduce heat to medium and continue to cook to desired temperature. Tent loosely with foil and let rest for 3 minutes before serving with mushrooms.

BBQ PORK BURGER

YIELDS 4 SERVINGS
CALORIES: 844 PROTEIN: 82G CARBS: 47G FAT: 33G

INGREDIENTS

- **1 cup** BBQ pulled pork (see instructions)
- **1/4 cup** BBQ sauce (see instructions)
- **1kg** lean beef mince
- Salt and ground pepper
- **4** slices cheddar cheese
- Cooking spray
- **4** wholemeal bread rolls
- **1** cup coleslaw
- **1** large tomato, sliced
- **1** red onion, cut into rings

BBQ PULLED PORK AND COLESLAW

- **500g** pork shoulder)
- **2 tbsp** Cajun spice
- **3 cups** pork or chicken stock
- **¼ cup** red wine vinegar
- **½ cup** medium-diced carrots
- **½ cup** medium-diced celery
- **½ cup** medium-diced onions

BBQ SAUCE

- **1 cup** tomato sauce
- **½ cup** stone-ground mustard
- **½ cup** Worcestershire sauce
- **⅓ cup** light brown sugar
- **⅓ cup** rice wine vinegar
- **2 tbsp** BBQ rub or Cajun spice

DIRECTIONS

BURGERS

1 Mix pork and sauce and heat in a small pan over medium heat, ensuring not to burn.

2 Portion out 4 beef patties, adding salt and pepper.

3 Cook burgers to desired doneness on a grill. Top with pork and a slice of cheese.

4 Spray buns with cooking spray and "grill" in a pan.

5 Place ¼ cup slaw on each bun, then 1 tomato slice, 2 red-onion rings, burger patty and top bun.

BBQ PULLED PORK

Preheat oven to 135°C. Sprinkle pork with Cajun spice and place in deep roasting pan. Add stock, vinegar and vegetables. Cover with foil and roast for 3 hours. Remove and shred the meat with a fork or your hands.

BBQ SAUCE

Whisk tomato sauce, mustard, Worcestershire sauce, sugar, vinegar and spice. Heat in pan for 10 minutes.



TOP: ANDREW PURCELL; FOOD STYLING BY CARRIE PURCELL; NICK FERRARI; FOOD STYLING BY MATT VOHR

FRIED CHICKEN YIELDS 4 SERVINGS

INGREDIENTS

- **½ cup** plain flour
- **1 tbsp** salt
- **1 tbsp** freshly ground black pepper
- **1kg** skinless chicken breast
- **1 tbsp** grapeseed oil
- **¼ cup** white wine
- **¼ cup** brown onion, finely diced
- **¼ cup** fresh lemon juice
- **2 tbsp** garlic, minced
- **2 tbsp** fresh parsley leaves, minced
- **1 tbsp** butter, at room temperature

DIRECTIONS

1 Preheat oven to 190°C.

2 Combine flour, salt and pepper in a small bowl. Dust chicken on both sides with flour, coating well.

3 Heat grapeseed oil in a large fry pan over medium-high heat. Add floured chicken, cooking until slightly browned–4–5 minutes. Flip and repeat.

4 Once browned, finish chicken in oven for about 6 minutes, or until internal temperature reaches 70–75°C.

5 Remove chicken from oven, discard excess oil from pan and keep chicken warm on a covered plate.

6 Return pan to medium heat and add wine to deglaze – which means you use what's in the pan to create your jus. Add onions, stir and cook until slightly translucent, about 3–4 minutes.

7 Add lemon juice and garlic, stir again and cook until warmed.

8 Remove from heat and stir in parsley and butter to finish sauce. Serve over chicken. Complete your meal with steamed broccoli or another vegetable.

NUTRITIONAL INFO

CALORIES	PROTEIN	CARBS	FAT
388	55G	16G	9G



GORMAN STUDIO; FOOD STYLING BY ADRIENNE ANDERSON



POWER-BUILDING 2.0

Combine the best of powerlifting and bodybuilding science to **BUILD DENSE MUSCLE** and **FREAK STRENGTH** in **SIX WEEKS.**

BY DON SALADINO ///
PHOTOGRAPHS BY JASON ELLIS



When you've been in the iron game a while, you begin to ask yourself some tough questions: How do I maximise size without sacrificing strength? How do I get stronger without getting injured? In short, how can a lifter have it all – muscle, power and pain-free joints to enjoy the benefits? The answer is a combination of powerlifting and bodybuilding programming, colloquially known as "power building", blended in the formula we offer here. See results in six weeks! Seriously.

The dynamic duo

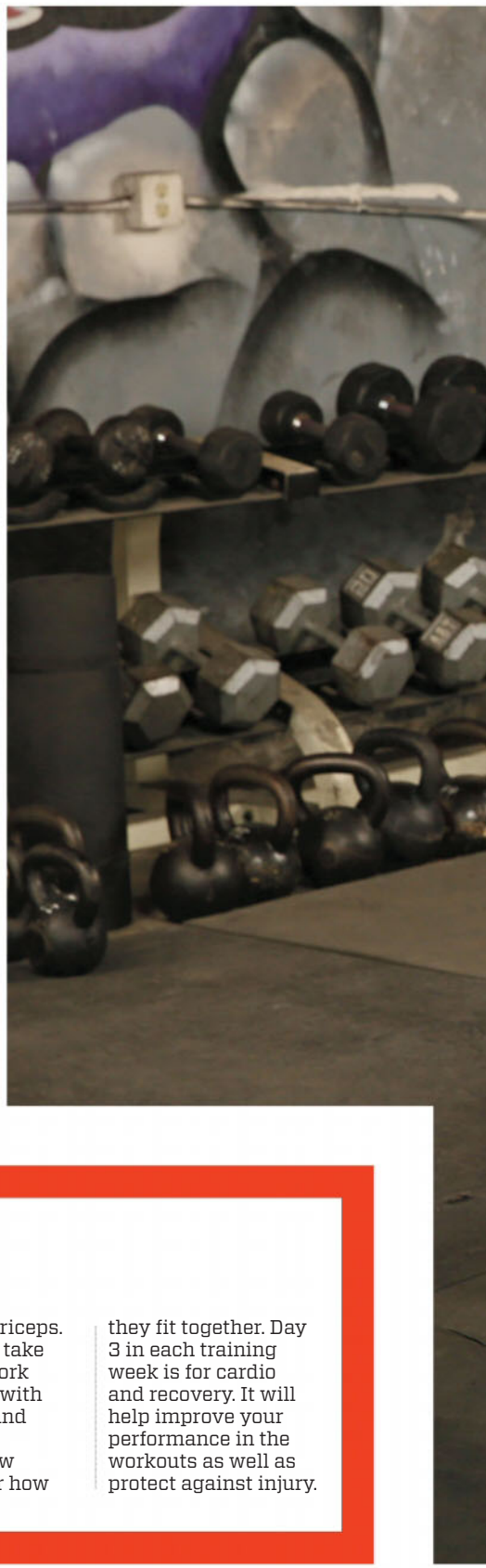
Our program is a mix of the Westside Barbell powerlifting template and old-school, high-volume bodybuilding. The "Westside Conjugate Method", as it's known, is a system that alternates heavy workouts and lighter ones. The heavy days are called "max effort" sessions because you work up to a max, the heaviest weight you can use for reps in the one to five range. The lighter days can be done in two different ways.

Most lifters who powerbuild along the lines of a Westside program do the lighter workouts exclusively with higher reps and go for the pump, and that works fine to build muscle. Our routine includes plenty of pump work, but we're also making use of the "dynamic effort method" (DE) – a technique whereby you lift light weights explosively. Even though the weight may not feel challenging, moving it as quickly (and violently) as you can trains your nervous system to recruit the biggest, strongest muscle fibres and it helps you toovercome sticking points. If your bench press usually stalls midway through a rep with a heavy weight, DE can help you develop the speed off your chest to blast through.

Lifting for life

Of course, building muscle and setting PRs isn't much fun if it wrecks your body in the process. Heavy training is hard on the joints, but by rotating your main lifts and generally changing up the workouts on a weekly basis, you can avoid the overuse and overtraining injuries that plague so many lifters. The main lift in each max-effort workout should be switched every week. In fact, you can switch out practically every exercise in the program week to week if you like – just follow the basic template we set up here. (It includes two weeks of sample workouts.)

On the first max-effort day, for instance, when you'll train your chest and biceps, stick to three to four chest exercises and three biceps lifts per session, but the exact exercises you pick are up to you. The main lift can be a bench press one week, then an incline press the next and a floor press after that if you'd like. Feel free to experiment and find exercises that work best for you and keep the workouts fun.



DIRECTIONS

THE SCHEDULE

You'll perform two max-effort and two dynamic-effort workouts per week, rotating through a body-part split of chest and biceps, back, legs and shoulders and triceps. Note that it will take two weeks to work each body part with both the max- and dynamic-effort methods – follow the template for how they fit together. Day 3 in each training week is for cardio and recovery. It will help improve your performance in the workouts as well as protect against injury.



BACK EXTENSION
Be sure to hinge at the hips when you perform each rep. Your lower back shouldn't round over on the descent. Always squeeze your glutes as you extend your hips to come up.

SHOT ON LOCATION AT METROFLEX GYM, LONG BEACH, CA



MACHINE FLYE
Don't let your arms extend behind you. Protect your shoulders.



PULLOVER
Lower the weight until you feel a stretch in your lats and then pull it back over your face, not your chest.

DAY I:
CHEST, BICEPS
(MAX EFFORT)

EXERCISE	SETS	REPS
Bench press (any variation)	As many as you need	Work up to 3–5RM
Dumbbell bench press	4	8
Machine flye	5	12–15
Seated dumbbell curl	4	8
Hammer curl	2	10
Barbell curl	4	10–12

DAY II:
BACK
(DYNAMIC EFFORT)

EXERCISE	SETS	REPS
Pull-up	8	3*
Chest-supported row	4	10–15
Reverse-grip pulldown	4	10
One-arm dumbbell row	3–4	10
Pullover	3	15–20

STRENGTH

MAX-EFFORT TRAINING
Max-effort workouts focus on improving one main lift. To do that, you need to train heavy. Warm up thoroughly and then choose a variant of whatever the main exercise is (some type of squat, bench press, deadlift or overhead press), and begin working up in weight slowly. Add weight in small increments and keep your reps to five or fewer until you reach a load that allows you only three to five reps. When you've maxed out those reps, move on to the next exercise.



REVERSE-GRIP PULLDOWN
Pull the bar down to your collarbone. The palms-towards-you grip hits the biceps more directly than conventional pulldowns.



DIP
Try to get your upper arms parallel to the floor on each rep. You can lean forward to emphasise the pecs or try to stay perfectly upright to emphasise the triceps.

DAY III:
CARDIO

Use the exercise of your choice to raise your heart rate to a moderate level (120–140 beats per minute) and keep it there for 30 to 60 minutes. Afterwards, foam roll and stretch.

DAY IV:
LEGS
(MAX EFFORT)

EXERCISE	SETS	REPS
Squat (any variation)	As many as you need	Work up to 1–5 RM
Unilateral leg press	3–4	10–12
Goblet squat	2	11–12
Leg extension	3	8
Glute-ham raise, back extension or RDL**	4	As many as you can
Leg curl	3	15



DAY V:
SHOULDERS, TRICEPS
(DYNAMIC EFFORT)

EXERCISE	SETS	REPS
Seated over-head press (any variation)	8	3*
Seated dumbbell lateral raise	4	10–12
Machine Rear-delt flye	4	11–12
Close-grip bench press	4	6–8
Dip	4	10–12



GOBLET SQUAT
Focus on sitting back with your hips and opening your knees to achieve depth.

ABOUT THE TRAINER
Don Saladino is a trainer to celebrities and athletes. *donsaladino.com*





OVERHEAD PRESS
Keep your forearms vertical as you press. The bar should be in line with the back of your head in the end position.

SPEED

DYNAMIC-EFFORT TRAINING
The goal of dynamic-effort work is to move a weight as fast as possible. (Note that when doing DE pull-ups on back day, you'll be lifting your body weight.) Aim for 60–70% of your max on these exercises and keep the reps to three. If that feels too heavy or your latter few sets get sluggish, reduce the weight. The point is to be as explosive as possible – while maintaining perfect form – so don't get anxious to add weight.



HAMMER CURL
Keep your upper arms at your sides so your elbows don't drift forward. Your palms face each other.

DAY I: CHEST, BICEPS
(DYNAMIC EFFORT)

EXERCISE	SETS	REPS
Bench press (any variation)	8	3*
Incline dumbbell press	4	10
Push-up on handles	3	As many as you can
Dumbbell flye	3	8
EZ-bar curl	4	8
Hammer curl	2	10–12
Incline dumbbell curl	4	10–12

DAY II: BACK
(MAX EFFORT)

EXERCISE	SETS	REPS
Deadlift (any variation)	As many as you need	Work up to 1–5 RM
Lat pulldown	4	12
T-bar one-arm row	4	10
One-arm pulldown	4	12–15
Straight-arm pulldown	2	15

DAY III: CARDIO
Use the exercise of your choice to raise your heart rate to a moderate level (120–140 beats per minute) and keep it there 30 to 60 minutes. Afterwards, foam roll and stretch.

DAY IV: LEGS
(DYNAMIC EFFORT)

EXERCISE	SETS	REPS
Leg press	10	3*
Hack squat	4	12
Bulgarian split squat	3	15
Seated leg curl	3	15
Lying leg curl	2–3	12–15
Farmer's walk	4	45–90 metre

DAY V: SHOULDERS, TRICEPS
(MAX EFFORT)

EXERCISE	SETS	REPS
Overhead press (any variation)	As many as you need	Work up to 1–5 RM
Cable lateral raise	4	10–12
Face pull	4	12–15
Skull crusher	4	10–12
Triceps pushdown	4	12–15

*For pull-ups, simply perform reps as explosively as possible on both the positive and negative phases. On the unilateral leg press, choose a moderate weight you can move explosively with one leg. (Perform three reps on one leg, switch legs and do three and then rest.) For the other exercises that are done with dynamic effort, choose a load that is 60–70% of your one-rep max. Rest 60 seconds between all dynamic-effort sets.
**If you don't have a glute-ham bench, try a weighted back extension or Romanian deadlift for sets of 15. M&F

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STRAIGHT UP

QUADS

Build an impressive and powerful set of wheels with this multifaceted workout.

BY JOE WUEBBEN /// PHOTOGRAPHS BY PER BERNAL



HACK SQUAT

Keep your movements under control. Your lower body will be on fire during these dropsets, but don't rush through the reps. The machine will help you keep your form strict and your lower back flat. (The picture shows the midway point of the exercise.)

WHEN LEG DAY ROLLS around, is it better to train more like a bodybuilder or an athlete? If you're asking yourself this question, perhaps the answer is both. Bodybuilders train their quads for maximal hypertrophy, while football and basketball players are more interested in developing explosive power to enhance speed and jumping ability.

For a typical gym rat who's neither a competitive bodybuilder nor a serious athlete, the best bet may be a leg workout that incorporates mass-building principles as well as a quick dose of explosive movements. The following workout offers just that. It addresses power through box jumps; hypertrophy via front squats in a moderate rep range and dropsets of hack squats; and, for good measure, a hefty workload for your stabilising muscle fibres with unbalanced lunges. In short, it's a great routine for the guy who wants to look good from the waist down and also have the ability to engage in the occasional game of footy without getting embarrassed.



UNBALANCED WALKING LUNGE

The intention of this exercise is to train core stability and balance while also working the quads and glutes. Hold a moderate-weight dumbbell or kettlebell in one hand while you do lunges, keeping the other hand free. Focus on keeping your torso upright throughout—don't let yourself lean to the side holding the weight.



FRONT SQUAT

Treat this as your big lift for the day. The eight- to 10-rep range is designed to promote hypertrophy, so you should be coming close to failure on all four sets. You want to be strong on every set, so don't skimp on rest periods. Take two to three minutes' rest so that you're fresh for the next set.

BOX JUMP

Doing an explosive jumping exercise further warms up the lower body while activating the fast-twitch muscle fibers you'll be calling on for front squats. Go with a 50- to 75-cm plyo box. If you don't have one available, use a weight bench instead.



THE WORKOUT
QUADS

DIRECTIONS: precede this workout with a five- to 10-minute low-intensity warm-up on the cardio machine of your choice.

EXERCISE	SETS	REPS
Box jump	3	5
Front squat	4	8–10
Unbalanced walking lunge	3	20*
Hack squat	2	10 + 2 dropsets**

*Perform 20 total lunges/steps. In each set, hold the dumbbell in one hand for the first 10 reps and switch hands for the next.

**Select a weight that will have you coming close to failure at the 10th rep (ie, a 12-rep max). Do 10 reps, rack the weight, take one plate off (or about a third of the weight) and do a dropset to failure. Repeat this sequence for one more dropset. M&F

SUPPS

THIS MONTH IN SUPPLEMENT NEWS



Want to be a loser?

Here's what you should look for in a fat burner to get ripped.

BY ADAM GONZALEZ

DUSTIN SNIPES

DON'T PUT THAT THUMB-AND-FOREFINGER "L" up against your forehead. Put it next to your gut or love handles. No matter how fit you might be, you'll likely want to burn just a little more body fat before the weather starts warming up. After a certain point, though, you've no doubt reached a place where that's difficult to do through exercise and nutrition alone without burning precious muscle mass. That's where supps can help.

We've listed a broad array of pathways through which you can burn fat – and provided you with a list of supps that utilise these pathways. Whether you're a bit on the stocky side or just ripping up, these supps can help you get where you're going.

RELEASE MORE BODY FAT

Certain supplements like caffeine and capsaicin (or Capsimax) can help your body preferentially burn fat over muscle mass, allowing stored fat to flow into your bloodstream so that you can then use it to fuel activity.

BOOST METABOLISM

Cutting calories eventually reduces the number of calories your body burns per day. To prevent this, you want to cut calories moderately and support your metabolic rate with intense exercise and supplements like Garcinia cambogia and Citrus aurantium.

REGULATE INSULIN

Insulin is an anabolic hormone, but it also drives calories to fat storage. Cutting carbs helps reduce this effect, but supps like Banaba leaf, boerhaavia extract and chromium can also reduce insulin's impact on fat.

REDUCE APPETITE

Battling hunger is the hardest part of dieting. Besides staying well hydrated, supps like caffeine and Phaseolus vulgaris can help blunt hunger.

INCREASE HORMONE PRODUCTION

Testosterone, adrenaline and thyroid hormone all help mobilise body fat to fuel activity – and in testosterone's case, increase muscle. Supps that can boost production of these hormones include 7-keto DHEA, Coleus forskohlii, phenylalanine and D3.

GET THEM TOGETHER

These products combine individual supplements to help you burn body fat through multiple mechanisms.



HYDROXYCUT NEXT GEN

MUSCLETECH

OVERVIEW Containing scientifically tested weight-loss ingredients, this product provides extreme energy and focus.

KEY ACTIVES Caffeine anhydrous, Coleus forskohlii, green coffee bean extract, yohimbe.



HYPER SHRED

BSN

OVERVIEW This product encourages thermogenesis while providing nootropic stimulators and keeping insulin in check.

KEY ACTIVES Bacopa, banaba leaf, caffeine, Capsimax, Citrus aurantium, phenylalanine.



LIPO6 BLACK ULTRA CONCENTRATE

NUTREX

OVERVIEW These fast-absorbing liquid capsules activate your metabolism and burn extra calories while suppressing appetite.

KEY ACTIVES Caffeine, Citrus aurantium, rauwolscine, yohimbine.



RAPIDCUTS SHREDDED

ALLMAX

OVERVIEW The pharmaceutical-grade ingredients in Rapidcuts Shredded target, release and ignite stored body fat.

KEY ACTIVES Caffeine, Capsimax, green coffee extract, unfermented green tea, yohimbine HCl.



ROXY

BPI SPORTS

OVERVIEW Each one-capsule serving of BPI Sports' Roxy supports weight loss while boosting focus and energy as well as testosterone levels.

KEY ACTIVES Boerhaavia extract, caffeine, vitamin D3, yohimbine HCl.

Fast and furious muscle gain

Get fast-acting quality protein from BPI's ISO-HD.

BY ADAM GONZALEZ



YOU DON'T GROW from weight training; you grow from recovering from weight training. Unfortunately, a lot of younger athletes and bodybuilders don't fully grasp this concept. The training itself causes stress and damage to muscle tissue. As a response to the stress, your body seeks to build your muscles back up bigger and stronger than before. An abundance of protein, amino acids and other nutrients facilitates this growth.

The faster you get these nutrients into your body after your workouts, the quicker you'll recover. Not only will this spur muscle growth, it will also allow you to train just as hard during your next workout. To help you achieve this, BPI Sports has designed ISO-HD protein.

1

ISO-HD PROVIDES FAST-DIGESTING PROTEIN

Whey isolate and hydrolysate jump-start recovery as soon as you drink them by spurring release of the anabolic hormone insulin, which rushes nutrients to working muscles.

2

TYPE MATTERS

ISO-HD keeps fats and carbs almost completely out of the equation by using whey hydrolysates and isolates. These proteins undergo more stringent filtering than regular whey, resulting in smaller, easily digested molecules of pure protein.

3

QUALITY ASSURED

In the wake of the recent protein spiking scandal, nothing is more important than knowing you can trust the product's label. Third-party testing by ChromaDex ensures that BPI's protein products haven't been adulterated with cheap aminos to fool regular testing.



TAKE IT: after workouts, take one scoop of ISO-HD mixed with 150-175ml cold water. This provides 25 grams of protein with one gram of fat and two grams of carbs. ISO-HD can also be taken at other times, such as first thing in the morning or as a snack.

DUSTIN SNIPES



NATURAL PROTEIN

MUSASHI

MUSASHI Natural Protein is the ultimate tasting product designed to aid muscle growth and recovery post exercise. MUSASHI Natural Protein contains natural whey, offering 24g of quality protein per serve, with no artificial sweeteners or colours. Plus, it includes a super fruit blend of pomegranate, blueberry and pectin and is packed with over 15,000mg essential amino acids per serve. MUSASHI Natural Protein can be found at selected health and supplement outlets and online.

musashi.com.au



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endura.com.au



ICE-COLD ALBUMEN

FARM PRIDE

Egg producer Farm Pride has launched frozen pasteurised egg whites in Australian supermarkets for the first time. The 950ml packs contain the whites of 34 large eggs and can now be found in the freezer aisle of selected Coles stores nationwide. Thanks to a long shelf life, Farm Pride's Egg Whites can be easily stored in the freezer and thawed for use in recipes requiring non-whipped fresh egg whites, such as egg white omelettes, or as a protein supplement in drinks like shakes and smoothies.

farmpride.com.au



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Do as I do

The Commando knows that discipline is the key to success – in and out of the gym.

STEVE "COMMANDO" WILLIS has become a household name, thanks to the hit reality show, *The Biggest Loser*. But while that "tough guy" persona is obviously partly for show, Willis is as strict about his own nutrition and exercise regimen as he is about his overweight charges'.

"The army taught me that life is stewardship not ownership; to be responsible for everything down the most minute detail," he says. "Teamwork and the bigger picture always played the leading role, so being the best I could possibly be was always at the forefront of my mind. It takes a lot of training, commitment and repetition to ingrain these skills and have them working as second nature."

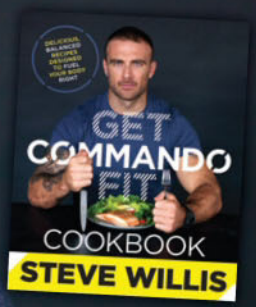
Willis trains every day if he gets the chance, although "most weeks it's five or six days," he says. He follows a CrossFit-style training protocol – a combination of strength, cardio and gymnastics, sometimes combining them into circuits or working specifically on certain skill sets. He's also strict with diet.

"I don't believe in the idea of rewarding yourself with food," he says. "Granted, we are going to have a night out with friends, a birthday or a wedding, and we will let our hair down and indulge in foods we may not normally eat and have a few drinks. My concern around 'cheat meals' is people use these days to eat like it's their last day on earth and somehow justify it in their minds that it's okay!"

For those of you looking for a bit of Commando-style discipline, he has this advice for you.

"If you want more discipline in your daily life, firstly you've got to have the belief and desire to want to change or achieve something outside of your norm," he says. "Next, commit to the goal or what it is you want to achieve. Construct a plan and prepare and finally execute, take action! Nothing will happen or change if you don't take the first step."

Willis has a new cookbook and online program, Get Commando Fit. *Check it out at getcommandofit.com.au.*



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